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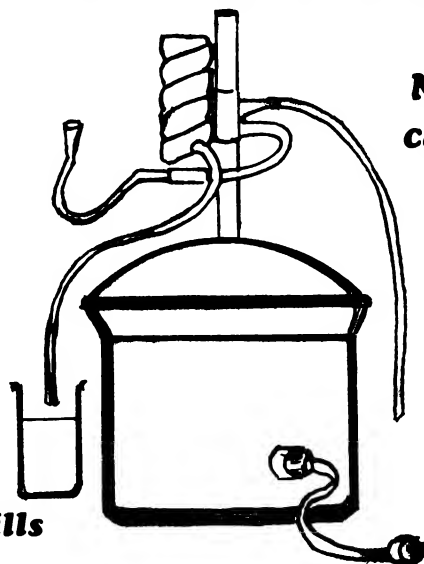
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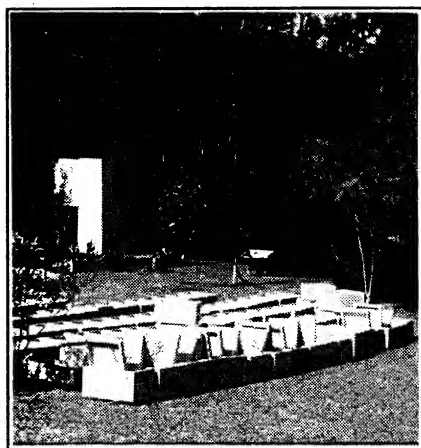
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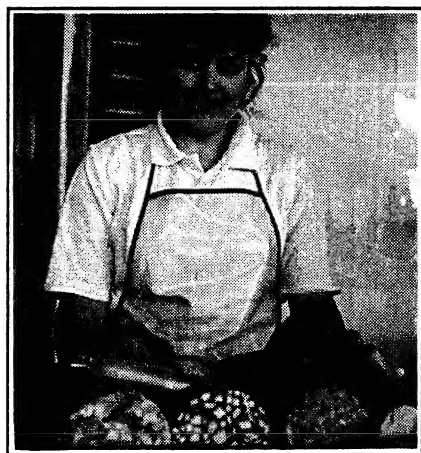
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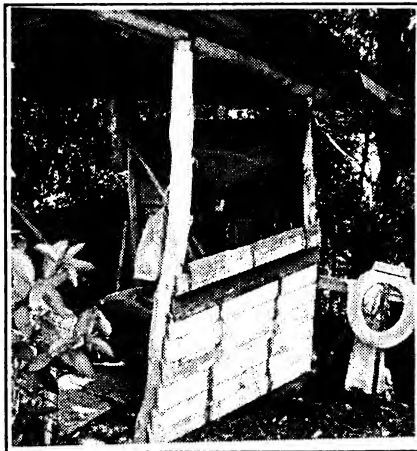
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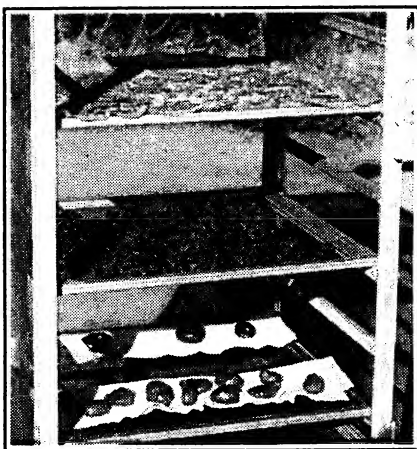
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## COVER PHOTOS

**Front Cover:** You don't have to be in the country to live sustainably. Jan and Jenni Connellan have used organic and permaculture techniques to develop a productive garden even though the soil and climate are not perfect. See Jan's inspiring story page 6.

**Back Cover:** Barry Hodby grows giant squash in the Adelaide Hills, S.A. He uses organic techniques and a very special natural fertiliser. Mark Mackay tells us how on page 17 (Mark also took the photo).



Edited by Megg Miller and Mary Horsfall.

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I stayed behind to finish off a couple of drawings and to write my page in the quiet of the evening. The magazine was all but finished, just Gumnut Gossip and one or two other pages awaiting completion. Checking a last minute heading to accompany a drawing, I noticed a misspelt word. What a nuisance, now it would have to be left till Monday and redone. Typing mistakes occur easily, however, it was the nature of this one that amused me. The word 'plan' had accidentally been presented as 'plant'. This slip-up was probably the result of our share of preoccupation with gardening at the moment. The balmy weather has enticed us all into weekend gardening and so, morning teas are spent pouring over seed catalogues, discussing the merits of pea straw over lucerne, looking blankly at cuttings brought in for identification and tracking down sources of cheap seedlings. The misspelt word may have been purely accidental, but we all think the typist was visualising planting out her garden while typing mundane headings for *Grass Roots*.

The garden fever that has spread throughout the office has got both Catherine and myself into hot water. Catherine and hubby have not long moved house, so Mary and I decided to bring in some seedlings on Friday to help get the garden going. 'White hollyhocks for you Megg and the smaller ones - mixed colours - are yours,' Mary clearly explained to Catherine. We left all the plants together at the front of the office not just for easy access, but also because this area isn't air conditioned. 'See you,' Catherine shouted at five, 'thanks for the plants'. I'd felt uneasy about my longed for hollyhocks all day and sure enough, when I went and checked, nary a seedling was in sight. Catherine had mistakenly taken them all home.

Poor Catherine was horrified to learn of the contretemps on Monday morning, and promised to dig up all the extra plants that night. 'No, no,' I demurred, 'just a couple of plants will be fine'. Tuesday morning saw a container of half a dozen coloured hollyhocks outside my office door -

Catherine had dug up the wrong ones! Not only that, the pot had been generously filled with soil, some of which had spilt on to the carpet. When Vicki returned to the office after a short break, the first thing she did was to question me about who was messing up the carpet. 'What is it,' she demanded, 'chook poo?' We had been too busy with meeting the deadline to give the patch of dirt a thought, but I can see that if I don't do something about it nobody else will. Everyone in the office is quite sure that I have brought the farm in on my shoes and won't touch the 'mess'.

I did have to bring some chooks to the office one day recently, leaving them in a crate in the foyer. It didn't occur to me to mention them. Vicki got the fright of her life when she pushed through the door on her way to collect mail but the disoriented hens were probably more alarmed. The new staff have no idea what life at the old GR office was like and how close to nature we worked. If the door was left open the hens would wander in for a visit.

Before commencing this column I checked with Mary about content. We often have a discussion over a cup of coffee about what needs to be brought to the attention of *Grass Roots* readers in Gumnut Gossip. These items may seem trivial at times, but often there are important suggestions or help for some readers. Mary and I suddenly realised we had completely forgotten to have our little discussion. 'We've just been too busy,' she remarked, looking bothered. And busy we have been. Catherine had a fortnight off, visiting the Blue Mountains. Jen retired due to imminent motherhood and Shelley left to go to the job of her dreams. If that wasn't enough, Vicki had previously arranged to visit an old friend in Queensland and so she flew off just as Catherine returned! At times it has felt like being on the stage in a fast moving comedy, so please forgive us if you have had to wait a little longer for your books or back issues. We keep saying it will eventually settle down, but not before Mary takes a well-earned holiday in northern Australia and then flies home to celebrate her birthday.

Sometimes in life everything seems to happen at once, and it feels like you're on a treadmill. All you can do is keep at it until life quietens down and everything flows smoothly again. Then you wonder how you survived!

Some much needed help has come from newcomer Sally, who joined us recently. Sally is an enthusiastic gardener, who is now enjoying the delights of country living after spending years in the city. We wish Jen and Shelley well as they follow new paths and welcome Sally to our team.

Something readers will have noticed already is a small rise in the price of *Grass Roots*. We have been very reluctant about this increase. For several years we've been able to hold the price down, but rising costs in both production, overheads and even postage have given us no other option. We appreciate that it is often difficult for readers to find the dollars to purchase GR and hope they won't be disadvantaged by the higher price. We, in turn, make every effort in each issue of the magazine to provide value for money and a publication that is inspiring, as well as full of useful, cost conscious ideas.

I'd like to finish by sharing the thoughts of long-time reader Nola Bindon from Yass, NSW. An article published in 1980 was encouragement to keep writing. 'On reflection GR has not only been a valuable source of practical information, but has shaped my values and attitudes. The articles have shown me another way to live, shaped my philosophy on life, brought me down to earth . . . GR makes me aware of my personal impact on the environment, more aware of the need for all of us to care for this planet that succours us, more tolerant of differences, more accepting. It keeps us in touch with the seasons, with the natural world. Best of all it puts us in touch with like-minded people looking for a more sustainable way to dwell on planet Earth. Such connectedness is necessary for a sense of community (rather than alienation) in the global village the world has become. Perhaps it is necessary for our very survival on the planet! Thank you *Grass Roots*.'

# SUBURBAN PERMACULTURE IN ADELAIDE

by Jan Connellan, Aldinga Beach, SA.

**Living in the suburbs need not be seen as a limitation to those aspiring to an alternative lifestyle, especially where gardening is concerned. An 'ordinary' suburban quarter-acre, or less, can be transformed through organic and permaculture practices to a productive, sustainable haven of biodiversity. Jan and Jenni Connellan demonstrate how permaculture meets the challenge of poor soil, harsh climate and lack of space. Their inspirational story will help others in similar situations to make the most of their own spaces, no matter what size they are.**

I remember the beautiful garden we had when I was growing up in suburban Melbourne. My father grew everything organically and we enjoyed lots of fruit and vegetables. He also kept chooks to recycle kitchen and garden waste and to keep up the fertility in the garden.

Now I live in a seaside suburb of Adelaide with my youngest daughter Jenni. With a pretty standard three-bedroom house on a quarter-acre block I am trying to fulfil my dream. I do, however, have some challenges to face. The climate here is basically Mediterranean, with mild wet winters and hot dry summers which can be very harsh. The soil is not ideal either as it consists of clay over limestone and needs a lot of organic matter and minerals to improve fertility.

As we live on the coast there are also strong salty winds to contend with. Luckily there was already a windbreak of hardy native trees including casuarinas, melaleucas and acacias planted around the outskirts of the block when we moved in. Branches which come down in the wind and the occasional tree which is felled in a storm are cut up and used as firewood in the slow combustion stove which heats the house in winter. I also shred any light branches with the electric mower and use the shredded leaves and twigs in the compost or as mulch.

Because the house faces north I have had to do very little retrofitting. I had a pergola built across the front of the house with

shadecloth over part of it and planted climbing roses and grapes to give a little shade in the summer. I also had a carport added to the west side of the house to shade a living room window which was getting too much hot afternoon sun. It has already been a big help on hot days.

When funds allow we would like to get a solar hot water service and a bigger rainwater tank. We try to use a minimum of chemical cleansers (no detergent is used for washing, only a small amount of ammonia), and use most of the grey water on the garden.

The front garden is screened from the street by the windbreak of native trees and shrubs and we use it as our outdoor living area. There is a lawn of kikuyu grass which gets little water and goes very brown in summer, however, it greens up again in winter.

There is paving under the pergola and between the paving and the grass I have made two long beds. I've planted them with old-fashioned roses, hardy flowers and herbs. In the spring and early summer it looks and smells wonderful. There are roses, lavenders, spring bulbs, hollyhocks, coriander in flower, giant garlic flowers, and the odd broccoli, parsley or celery plant.

I've also planted a loquat and a kalamata olive at the front, but they are still very small. On the east side of the house is a shaded area with ivy growing; it's here I keep seedlings and cuttings I am trying to strike.

At the back of the house the garden is more sheltered and this is the productive area. It was originally all kikuyu grass except for a round bed in the middle of the yard. However, I have been gradually sheet mulching the kikuyu and

eventually I hope to have no grass in the back at all. For the sheet mulching I use newspapers, cardboard or underfelt. I weigh this bottom layer down with stones and cover it with any organic matter I have such as old vegetable plants, weeds or grass cuttings. After a few months I plant into these new beds.

To improve the quality of the soil I haven't needed to buy very much at all. A little bit of gypsum (I also use sand from a sandy patch at the side of the house) is sprinkled around to improve the texture of the soil which tends to bake hard and crack in the summer. I also add as much organic matter as I can get



Jan and Jenni Connellan, creating a permaculture haven in an Adelaide suburb.



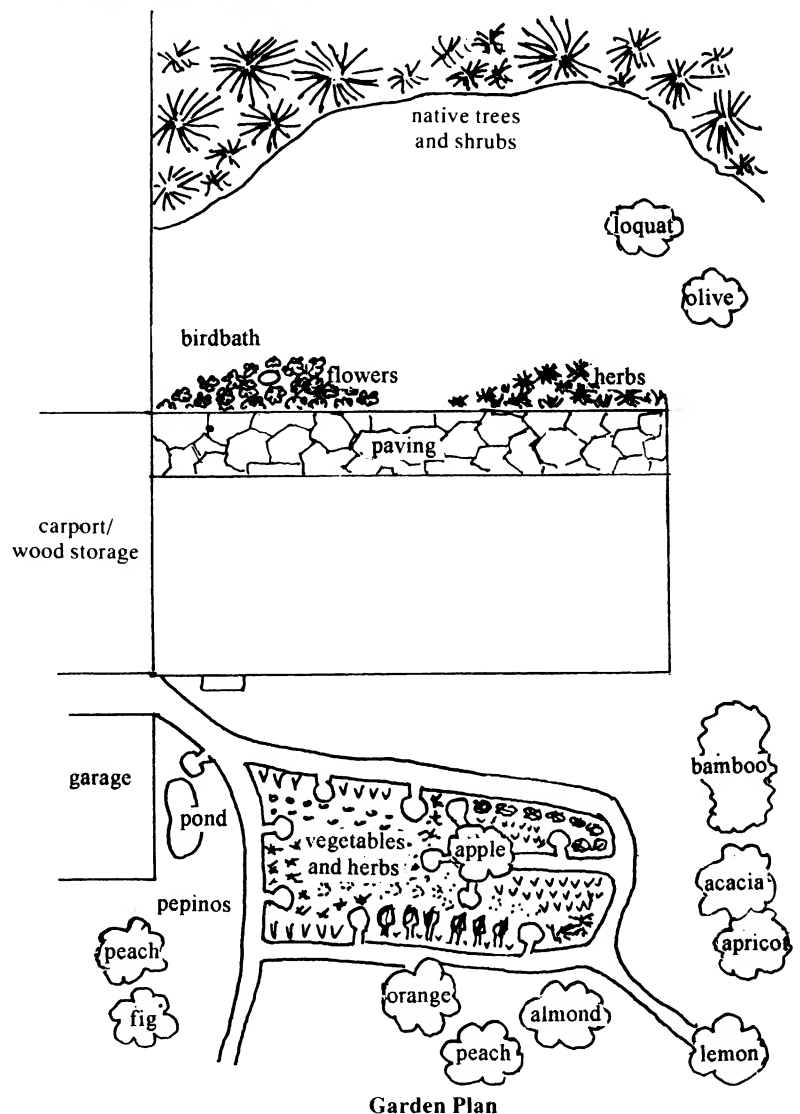
The front garden of herbs and flowers is screened from the street by a windbreak of native trees and shrubs.

to improve the texture of the soil and increase its fertility. I use lawn clippings – my own and heaps that a local man who mows lawns for a living drops off. I also collect pigeon manure from the rocks on the beach, and lettuce and cabbage leaves from the local supermarket. Apart from this, some blood and bone in the early days, a bag of Alroc – ground up rock dust which is high in minerals – and an occasional bag of manure is all I have bought for the garden. Admittedly, if I had spent a lot of money in building up the fertility it would be a lot more productive sooner, but it is gradually improving and each season we seem to be getting more food. In the autumn I liberally sprinkled a granite/basalt rock dust around the garden and it has made a very noticeable difference.

I try to have at least two compost piles going. One 'cooking' and one in the process of collecting enough organic matter to begin. Although this system of open heaps seems to be working well I would like to get a vermin-proof Gedye compost bin for kitchen scraps.

As we have a good rainfall in the winter and the temperatures are quite mild I make this my main growing season for vegetables. Last year we had lots of broad beans, broccoli and cabbages, a few varieties of lettuce and some shallots, beetroot, carrots, parsnips and peas. This year I plan to plant a lot more peas as well as the above.

The summer is usually more difficult as we get days over 40 degrees and I find most vegetables don't like it this hot, at least in this soil. As I improve the quality of the soil I expect it will become easier. This summer we have been getting a few very tasty tomatoes, which I shade with leafy branches pruned off the trees and shrubs to





prevent the tomatoes from cooking on the vines. This seems to help protect them from the birds' attentions, although I also use nylon string vegetable bags over them for protection from birds. We also picked zucchinis, beans, capsicums and cabbages. There are scarlet runner and hyacinth beans and banana passion fruit growing up the garage wall. I am also trying to get a choko established here.

For fruit we have a dwarf Fuji apple, a Jonathan apple, two apricots, a lemon, two peaches, an almond, three figs (you can tell I love figs), and an orange. They aren't all bearing yet as some of them are recently planted. We also have thriving pepinos (which provide winter fruit), strawberries and cape gooseberries.

There is a pond with water chestnuts and azolla beside the garage. Jenni put some tadpoles in it but nothing has been seen or heard of them since. We will try again though as I think frogs would add to the health of the garden. We have lots of birds, including native birds such as honeyeaters that enjoy the birdbath and flowering plants. We have seen lizards in the garden as well.

Having shown you around our house and garden I'll finish up with a delicious healthy recipe for those who love Mediterranean food. It's nice served warm or at room temperature.

1 bunch spinach or silverbeet, or 1kg broccoli

1 tbsp extra virgin olive oil

1 dsp lemon juice or cider vinegar

salt and freshly ground black pepper

Steam greens or cook in minimum amount of water till tender. Drain well and pour oil and lemon juice over. Season to taste with salt and pepper. Enjoy!

\* \* \* \* \*

### REMOVING PAINT FROM CLOTHES

Water-based paint can be washed out with water if it is still wet or damp. If not, soak in methylated spirits, scrape off anything you can and rub vigorously with a cloth. Rinse and then wash as usual. For oil-based paint stains, put the right side of the stain down onto a wad of old towel and sponge the back of the stain with mineral turpentine so that the paint will be transferred onto the old towel. Then wash as usual but use hot water.

### TAX INCENTIVES FOR LANDCARE

A booklet entitled *A Guide to Tax Incentives for Landcare* is available from the Department of Natural Energy and Environment. Its aim is to provide primary producers and rural landholders with information about tax laws and incentives relating to Landcare and water facility works. Issues relating to drought investment allowances, Landcare rebates and deductions, facilities for mitigating drought, conservation of water, tree planting, fencing, pests, soil amelioration and other topics are covered. Contact DNRE on 1800-060-425 for details on obtaining your free copy.

\* \* \* \* \*

### BEWARE MULCH AND FROSTS

Although mulch is extremely beneficial in the garden, it does have a drawback – it can attract ground frost where bare ground will not. Try pulling mulch back away from the trunks of young trees and shrubs to minimise this.



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# MAKE YOUR OWN SAUSAGES

## Part 1: An Introduction

by Lucy Daugalis, Daw Park, SA.

In view of the tragedies that have occurred in the past, where a number of children got sick (or died) after consuming commercially produced metwurst, making their own sausages could be an alternative for those who are prepared to go to the trouble. With good detailed instructions, quality sausages can be produced which will give excellent taste as well as a sense of achievement.

The following is a translation from Lithuanian instructions, a country where traditionally just about every householder kept a pig for slaughtering, which they then preserved by curing hams and making sausages.

**Note:** Where bacon is mentioned, it means the fat part (without meat) and is called 'speck' at continental butchers. A substance which goes under the name of 'Kwikurit' (which I believe is a derivative of sodium nitrate) is necessary to prevent botulism and other bacteria-induced disease. Most butchers get it cheaply in large quantities and may be prepared to supply you with it. Otherwise, get it wholesale from Master Butchers. Where the recipe calls for saltpetre (which is no longer permitted in this country), please substitute Kwikurit.

### PREPARATION

Sausages for boiling or frying can be made from inferior meat. For other sausages that are to be consumed within a short time (tea-wurst, viennas, etc), meat of young animals is suitable. Long-keeping sausages should be made from best quality meat.

The quality of meat depends on the quality of the fibre. It should be soft, without too much connecting tissue. All that depends on the kind of animal, its age, and its fodder. Pigs fed on good hard fodder are more valuable and more suitable for making sausages from than are those which received thin watery fodder. For long-keeping sausages, meat of mature animals is most suitable: pork, 1½ - 2 years old; beef, 3 - 5 years old. For short-term-use sausages (for boiling or frying), the bacon can be of



People who keep and butcher their own animals have the opportunity to make a variety of sausages.

any kind, but for first-class sausages, good firm, first-class bacon has to be used. Such is obtained from the back of mature, well-fed pigs.

Many people take little notice of the suitability of bacon designated for sausages. However, the maturing and keeping quality of the sausages depends on the bacon. For long-keeping, smoked sausages, soft, mushy bacon is completely unsuitable. Such comes from pigs fed on thin watery fodder, as well as from those that were fed a lot of oily fodder.

Unsuitable bacon reduces the quality of sausage. Soft bacon melts consider-

ably faster than hard, especially when sausages, during smoking, get somewhat hotter smoke. It happens that, even during drying, part of the fat comes through to the surface.

Soft bacon has a bad influence during later changes occurring in the sausages. Soft fat coats the chopped meat and prevents the smoke from getting through, as well as from removing water. It is bad also when the melting fat coats the surface of the sausages (when it melts during smoking). Even during the filling into casings of the meat destined for sausages, the fat coats the insides of the

casings and they become less permeable. The meat inside chokes, so to speak.

Even the outside appearance of sausages in which soft, mushy bacon is used, is different from the appearance of a good sausage. When cut, there are no clear-cut lines between the pieces of fibre and bacon, the colour of which is not clearly white, like that of good, hard bacon. The surface of the cut is uneven, the colour of meat has a greyish shade. Near the casings, there is often melted fat, and there are spaces – splits – inside the sausage, into which mould settles, thus considerably worsening the taste.

The taste suffers no less when mushy, melted fat, by the influence of light and bacteria, splits into new compounds from which the sausage gets an unpleasant smell and acrid taste. Such sausage should not be kept. The sausage is not good when the bacon pieces become coloured pink. This is also the result of soft bacon.

The meat of an animal that has just been slaughtered is not suitable for making sausages immediately. For that reason, the meat should be kept in a cool (3-5°C) dry place. Beef, which is usually chopped more finely, should be slightly salted, so that it dries out better and is firmer (1 kg meat, 20 g salt). Later, when the sausage meat is finally salted, this amount of salt should be taken into consideration and



First-class sausages can only be made from good quality ingredients.

deducted from the amount in the recipe. Pork does not need to be salted during preparation unless the meat is that of a young animal, or one fed on juicy fodder.

In two to three days the salt draws out part of the meat juices and the meat stays firmer. When being ground, it is not too bruised and there are fewer expressed juices. The meat juices fill up the tiny spaces in the sausage, becoming like jelly and closing them off. Even if the sausage is well filled and hard, there still remain in it small spaces (mostly invisible to the eye) which go spider-web-like through the sausage in various directions. In these spaces, there occurs a change in moisture and oxygen. This filling-up of the spaces depends on the crushing of the fibres (squashing) and the amount of escaped juices. When the oxygen cannot penetrate, favourable conditions for bacteria occur. Some of them choose places where there is no air at all, others, where there is little air. These are the bacteria which promote the spoiling of sausages. One can be poisoned by sausages infected with the botulism bacteria.

Bacon which is kept in a cool, dry place for two to three days not only cools down, but there occur other changes through which the bacon

becomes harder. This is not the same sort of hardness as achieved by freezing, which is unstable: as the bacon warms up, it becomes soft again. But the bacon which becomes hard through such inner changes remains so, even though chopped into small pieces and used in sausage.

The meat fibres destined for sausages should not be frozen. The ice crystals damage the fibre cells, thus increasing the meat juices. Such meat is more tender, flabby and is crushed more when ground. Sausages made of such meat have no stable colour when cut. One cannot make first-class sausages from such meat.

Next time I'll discuss maturing of sausages and additives.



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# THE DAMNED DUCKPOND

by Jodie Kewley, Red Hill South, Vic.

My brother Jeremy is the most generous and least environmentally friendly person I know. On Christmas day, my offerings of pot plants and homemade jams (wrapped in frail paper re-used since childhood) seem inadequate, to say the least, when compared to his gifts of electric toothbrushes, microwaves, mobile phones and garden light systems (the gold wrapping paper alone having cost a small fortune!). Each year I come away feeling faintly guilty and decidedly undeserving.

But two years ago Jeremy gave me a gift so thrilling I forgot to feel anything but joy. Hearing me complain about having to fill and refill our ducks' water containers (up to five a day in summer!) and about our scarcity of water, he bought me a pond filter pump. All I needed now was a pond!

The photo on the cover of the box showed a rockpool fit for Adam and Eve – pristine water fringed by granite and virgin rainforest, a spray of water arising from its depths. I could hardly wait to transport the scene to my own garden. 'You could have one of those split-level affairs,' said Jeremy, who only ever thinks big. 'You could have a bridge and lights ...'

I didn't envisage a bridge or lights, but I did envisage quite a large pond. I looked forward to the soothing sound of running water and the sight of our Cayuga ducks bobbing upon it. I began reading up on plants suitable for such a site. I made a point of stopping at nurseries sporting water gardens. My husband Peter couldn't understand my excitement. He doesn't like the noise and the mess ducks make and he was unimpressed by the idea of giving over a slab of lawn to a pond for their benefit.

My excitement, however, was short-lived. When I enquired about the cost of pond plastic (strong enough to withstand the scraping of duck feet), I was quoted \$550. And even if I reduced the size by half, I was still looking at over \$300 – money I didn't have. So the pond pump was left in the cupboard, along with my dreams, and the ducks had to make do with the old water-filled foot basins



Jodie Kewley finds there is more than she anticipated in constructing and maintaining a duckpond.

strategically placed around the garden.

A year later I found I had a bit of money to spare. It was summer again, the ducks hot and dusty. My thoughts turned again to the duckpond. This time I shopped around to get a good deal on the plastic and managed to get some for \$250. (By now, the dimensions of the pool had been sized down somewhat dramatically.) I could hardly wait to get the hole dug!

Bobcats, I was to learn, are expensive to hire. I decided to dig the hole myself (I am, after all, strong, fit, and reasonably young). Peter waved as he watched

me through the window. I fancy he was smirking. The earth was hard and clayey. The result of my first morning of labour was a bath-shaped hole no deeper than twelve centimetres. By day two, I gave up and rang a recently retrenched friend of ours who agreed to charge \$15 per hour for his labour. Working with crowbar and shovel, it took him six hours.

The pond ended up being an irregular shape, midway in size between a spa and an above-ground pool. It was knee-deep at one end, waist-deep at the other. Banked up behind it was a mountain of orange, wormless soil. 'D'you want me

to dig a channel so you can lay down a draining pipe?' our labouring friend wanted to know. Fearing the costly hours that might take, the answer was negative.

Before we laid the plastic, we had to buy the sand to press on the bottom of the pond to ensure a smooth surface. We also had to snip off any plant roots which jutted out from the earth walls. At last we could lay the plastic, carefully, allowing for stretching that would be caused by the weight of the water. A few months earlier, a friend had given us a stack of bluestones from an old garden. These I lugged across and laid on top of the plastic overhang around the edge of the pond. Then Peter positioned the pump on the pond-base, securing it with bricks. The cable that led from the pump to the transformer wasn't long enough, we would have to buy additional lengths of it. For the time being, we used an extension cord which we fed through the dining room window.

At last, the moment I'd been waiting for – the time to fill the pond with water (which we had ordered specially, as our tank was almost empty). It took hours to reach capacity, plenty of time to open a bottle of champagne, drag up chairs, and watch the water level deepen. By the time the pond was full, it looked so inviting we were tempted to plunge in ourselves. Wouldn't the ducks be ecstatic when they discovered the pond in the morning?

The ducks were not ecstatic. For the first few days they didn't acknowledge

its presence. Later in the week, they gazed at it from a safe distance, suspicious. I had half a mind to grab them and hurl them in – either them or Peter who began casting me his 'told-you-this-was-a-waste-of-time-and-money' looks. Gradually, curiosity got the better of them. They teetered on the rocks at the pond's edge, had a sip of water, before backing off. Eventually one of the ducklings slithered in and was soon followed by the others. I think all our neighbors for miles heard my triumphant shout!

Ducks are messy creatures and it wasn't long before our pond changed from clear to dirty brown. Cleaning out the pump filter was a hell of a job that involved feeling one's way under the water while clutching one of the rocks at the top so as not to fall in. I could never get the hang of it. The task fell to Peter who obliged reluctantly and declared the filter inadequate. So we bought a larger filter, but this didn't seem to help. The pond turned a pea-soup green and smelt like rotting fish. The fountain dribbled rather than spouted. Worse still, Peter fell in and was lucky to escape injury.

The only way to clean the pond was by bucketing out the water – a long, hard, disgusting job – and then scooping up the sludge left on the base with a plastic spade and scrubbing brush. If only I'd said yes to the draining channel!

This process of emptying, cleaning and refilling the pond was repeated every three months (or until we couldn't bear the stench any longer). In the

meantime, the ducks had a ball and I smoothed the mountain of excavated clay into a gentle bank around the pond, determined that it would become a dense and eye-catching native garden. To this end, I bought a couple of bags of gypsum to try and break down the soil, some decent potting mix, some Osmocote and a score of plants in five-centimetre pots. And, to make sure the plants survived through summer, I purchased over a square metre of top-grade mulch from the local tip.

I should have known I was wasting my time. Those plants the ducks didn't eat, they trampled within a fortnight. Of course, I could have tried fencing off the new garden, but somehow that would have defeated the purpose and by this time, my funds had run dry. There was only one solution – the ducks had to go. I sold them a few months ago and, although I miss the sight of them cavorting in the pond, I can't say I was heartbroken.

All up, the duckpond has cost us well over \$500 and that doesn't take into account our own labour. Peter has suggested that we fill the pond in, but I won't hear of it. The water is clean now and, without the sound of quacking, you can hear it running. The most recent lot of plants I bought have begun to grow and should look good in a few months time. I've thought about buying some goldfish, but have been told they would be eaten in a flash by a kookaburra. Perhaps I'll look into growing water chestnuts?

Already, Peter is rubbing his eyes.

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# NATURAL PARENTING

by Sandy Hudson, Warnbro, WA.

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While Grant and I were travelling and working around Australia I fell pregnant 15 months into our trip. We had left the Sunshine Coast in October 1989 and by this time had travelled through NSW, Victoria and Tasmania. We had covered our travel costs by working all the way, and we planned to continue travelling during the pregnancy into SA, up to Alice Springs and the Ranges, and then down again and across to WA in time for the birth. We were driving old 'Ruby', a 1970 Kombi campervan and we'd certainly had our share of mechanical problems. We mostly stayed in national parks, usually camping in our large canvas tent. We always tried to stay long enough to get the true feeling of each place.

It was wonderful, and so was travelling pregnant. I loved the feeling of being free and connecting with the growing baby within, especially while camped at places like Trepchina Gorge, NT, for 12 days, and feeling very 'earthy'. We also camped by the side of the road across the Nullabor - its huge expanse of land is incredible and the night skies just excellent.

Arriving in Perth seven months into the pregnancy, we planned to have a home birth. With only \$1000 in the bank and no permanent accommodation or job our naivety unfortunately led us to be dissuaded and we opted for a natural birth in a small maternity hospital in Freo. I was attending natural childbirth and yoga classes once we were settled and Grant had full-time work. We lived in a wee one-bedroom flat, not much larger than any little motel room we'd ever stayed in. However, it was

larger than the Kombi! We did plan to move on, after all, once the baby was four months old, up to the Kimberleys and over to NT and Queensland.

Our daughter, Tarni Monique, was born 16th November 1991. With having been so self-sufficient while on the road, we thought it only natural to continue in this mode when we began parenting, unlike most folk. I carried Tarni everywhere in a sling, she slept with us, her clothes and nappies sat upon a desk in the bedroom, and she was bathed in the kitchen sink. We bought no baby products whatsoever, soaked her nappies in bi-carb, massaged only love into her body, breast-fed her, and collected some toys at swap meets and garage sales. We tied a carry basket on to the back seat of the kombi. Capsules

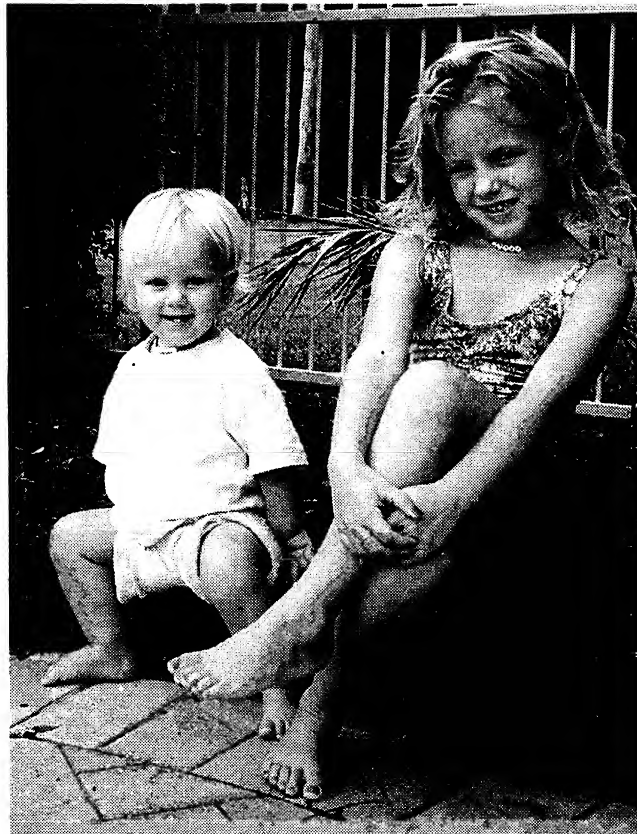
were recommended in WA at this stage, but not required by law, and we chose not to have one for personal reasons, and I am still against their use. We have never used disposable nappies, just tied-dyed old nappies.

I continued to go to my yoga classes at a unique centre which encourages your newborn and where we do yoga and dances and have many discussions together. This taught me so much about parenting, especially in regard to controversial topics such as immunisation, long-term breast-feeding, the family bed (sleeping with your babies), and the selflessness of parenting. I met wonderful friends there and we have remained friends, enjoying each others' children's birthdays and now camping together in the school holidays.

We moved down to Warnbro as Grant had most of his work there. We rented a small house and continued to live sparsely, rejecting fancy children's clothes, toys, furniture and accessories. Instead, we just continued to sleep with her, breast-feed her and play with her. After a back injury I did unfortunately have to resort to a pusher, which I acquired in exchange for a sour dough loaf of bread, then she travelled on the back of my bicycle.

We saved hard and because of feeling so restricted in a rental, we bought a small home closer to the beach. It had no landscaping, but we had the determination and desire to nurture it into a loving home. We got some chooks and some old throwaway furniture and three years later we still barter, scavenge and trade on LETS.

When Tarni was four we decided to have another baby



Tarni and Leifa brought up in a nonmaterialistic, self-sufficient, loving lifestyle.



and this time we had the birth at home in my favourite room, the kitchen, with an independent midwife. By now I felt I was informed about birth and was actually the President of the Birthplace Support Group advocating home births in WA. Leila Celeste was born just after midnight on 29th September 1996, among her adoring family, two midwives and my dear friend, Andrea. Leila was born under water and I gave her her first breath as she swam to me under water.

I continued to breast-feed Tarni throughout the pregnancy, and in fact she weaned herself at age six. Yes, that's six years. She decided on her sixth birthday that she no longer would have the breast! Leila still breast-feeds now and both our daughters have been in excellent health with only the mild typical childhood problems of teething and fevers. No contagious diseases, no antibiotics, no whooping cough vaccines, just lots of nature's own breast milk, full-time mothering and sensible care.

Babies do not need early introduction to solids, they can be seven months old. In fact, the later left to

experiment with food the better. Babies do not need fancy cots, bassinets, covers, walkers, prams, wardrobes, etc etc. If you could just ask them I know they'd prefer their mother's (or father's) skin, to be held, to be close, to be given attention and played with.

Today it is popular to live in big houses, go to hospital and have your baby medically, to be separated and given persuasive literature that goes against nature. Once home, often the baby is put down the other end of the house. Good grief, why? Babies have monitors in their room so their mother can hear if they cry. Our daughters have never been smacked, are given choices, and are respected as human beings, having rights, and especially having the right to a nonmaterialistic, self-sufficient, loving lifestyle.

Most importantly, be informed. Remember, you have choices. Read lots of good books such as: *How to Raise A Healthy Child In Spite of Your Doctor*, by Mendelsen; *Empowerment of Women - Birth*, by Sally Davis; anything by Sears. Finally, happy parenting - trust your instincts and love your kids.

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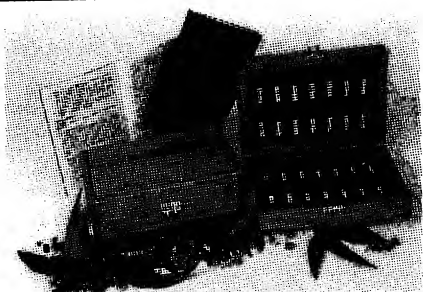
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# A VERSATILE CARRY BAG

by Yvonne Landgrebe, Rylstone, NSW.

This sturdy bag is large enough to carry a few groceries home from the supermarket, baby's paraphernalia when you go out, or a change of clothing for an overnight trip.

## MATERIALS

1.3 m top fabric, 115 cm wide  
1.3 m wadding, medium  
1 m lining  
1 toggle or large button  
2 x 30 cm wooden rulers  
1 x 20 cm zip, larger if bigger pocket is required

## Medium Bag Measurements

top material, lining, wadding, 90 cm x 80 cm  
handles – top fabric 2 x 100 cm x 12 cm  
ruler covers – top fabric 2 x 30 cm x 12 cm  
rulers, cut 2 x 26 cm  
button  
pocket – top fabric or lining, size you require  
toggle – top fabric 30 cm x 5 cm

## Small Bag Measurements

top material, lining, wadding – 70 cm x 70 cm

handles – top fabric 2 x 80 cm x 11 cm  
ruler covers – top fabric 2 x 26 cm x 12 cm  
rulers, cut 2 x 22 cm  
button  
pocket – top fabric or lining, size you require  
toggle – top fabric 30 cm x 5 cm

## CUTTING INSTRUCTIONS

### Top Fabric

Cut top fabric as shown in diagram.

### Lining

1 piece 90 cm x 100 cm  
Pocket: 1 piece 50 cm x 20 cm.  
(Pocket can also be cut from top fabric.)

### Wadding

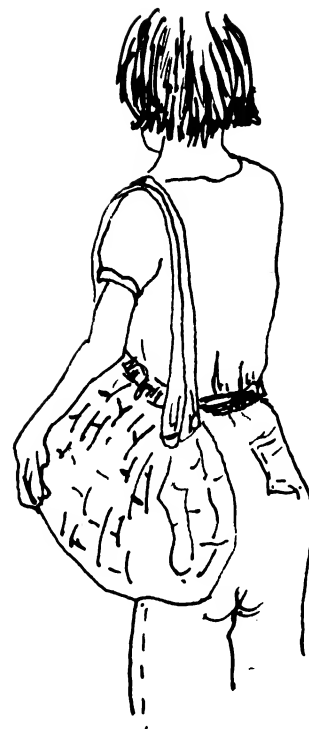
1 piece 90 cm x 100 cm  
2 pieces 20 cm x 110 cm  
small pieces to wrap around rulers

## TO MAKE

### Bag

Place the three fabrics together (top fabric, wadding and lining). Pin firmly and zigzag around the four sides.

Quilt along the length through the middle to hold the three layers together.



Pleat all sides, longer sides first (100 cm). Start pleating from the centre, first pleat is 8 cm from centre then 5 cm throughout, making sure all pleating goes towards the centre of the bag.

Pin each pleat to hold in place. All four sides have to be pleated the same. When pleated the sides must measure 36 cm. Sew through each pleat to hold all fabrics together. Check backs of pleats are smooth before sewing.

Make loop for closure over button or toggle. This may be placed on opposite side to pocket.

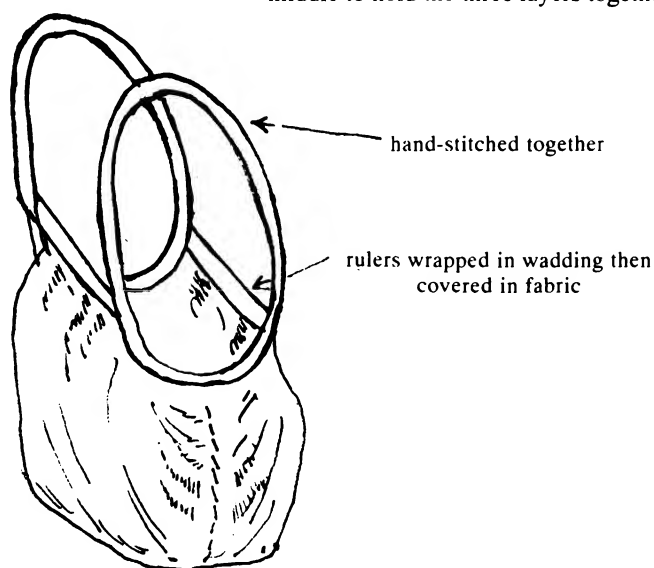
Make pocket, insert zip, and sew up both sides. Place pocket in middle of bag and sew in position.

Pin ruler cover fabric in place along top edge of bag and sew in place. Fold in half, turning under half a centimetre and pin in place.

### Handle

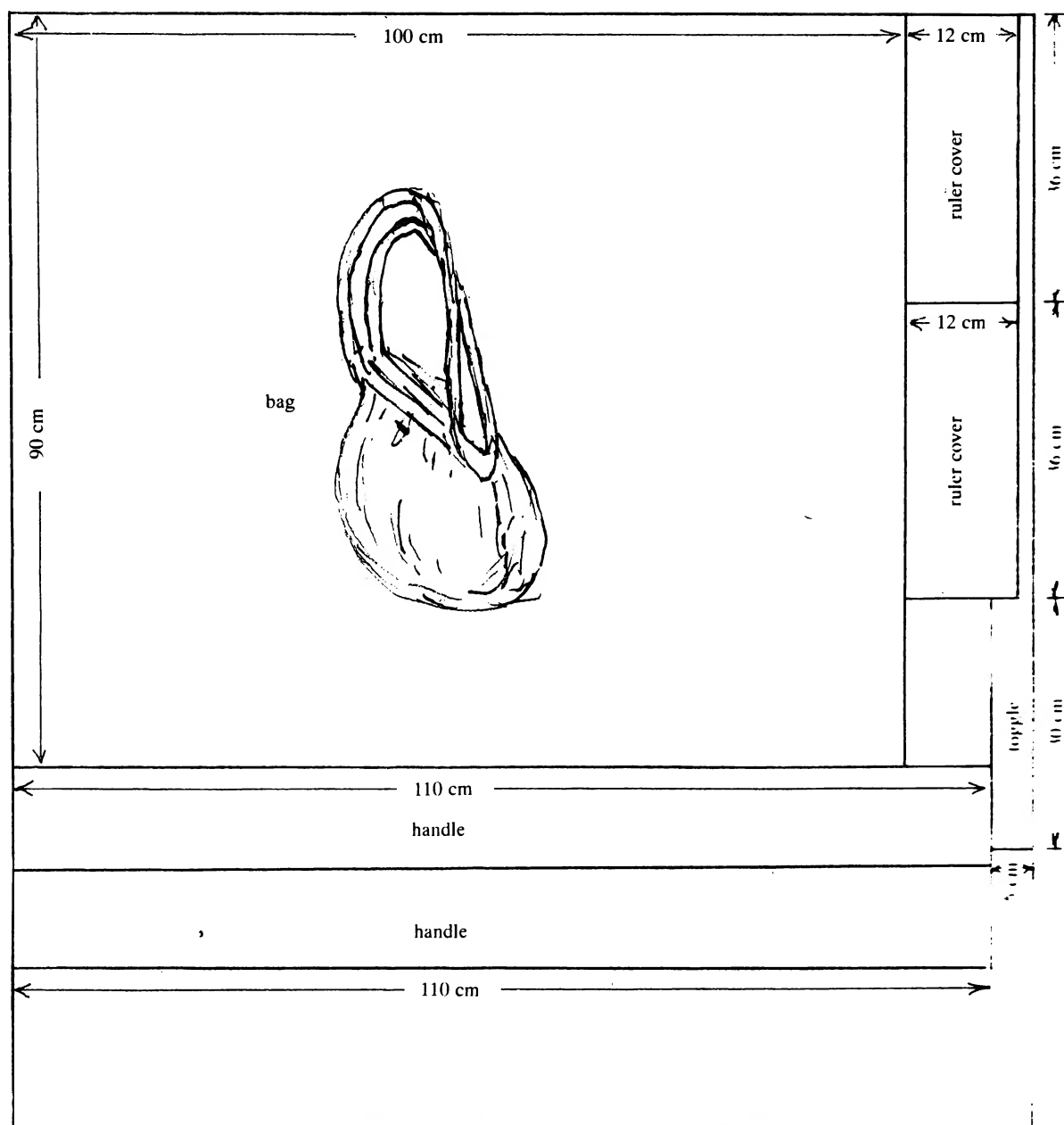
Join handle pieces together in one piece on .12 cm sides. Place the side seam of the handle with the side seam of the bag, right sides together. Pin the handle along the sides of the bag from the ruler cover edge to ruler cover. Sew in place.

Sew the two strips of wadding together to form one long length. Fold wadding in half and then in half again and roll. A second piece of wadding may be added to the centre of the wadding as this will make a fuller handle (second piece of wadding 10 cm x 110 cm.).



A homemade carrybag that's great for shopping or overnight trips.

## Cutting plan for the carry bag



Wadding needs to be rolled tightly and pinned before placing into fabric of handle.

Tack a half centimetre seam along handle, this may make sewing the handle easier. Pin together over wadding. This will be hand-sewn in place where handle meets. Use a whip stitch.

Wrap scraps of wadding around the rulers to pad them. Place into top edge of bag, hand-sew into place.

Sew on toggle or button.

Congratulations, you have just finished your versatile bag.

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# THE GIANT SQUASH

by Mark Mackay, Novar Gardens, SA.

Marisa and I were visiting her parents recently when Marisa's mother Tina told me she had a squash to show me that her friend Sally Hodby had given her. Being interested in food, and particularly in vegetables, I was keen to see the squash. Mind you, I don't think the idea of looking at a squash caught the attention of anyone else who was present!

Later that evening the squash was duly brought out of the fridge for me to see. Having eaten, grown and purchased squash from time to time over the years I wasn't expecting anything unusual – after all, a squash is a squash. I was aware that apart from the typical yellow squash that are commonly sold at the greengrocers and Central Market in Adelaide, it was also possible to buy squash of different colours. I had thought that perhaps the said specimen was going to have a different colour, but nothing could be further from reality!

The squash was bright yellow, just like most of the squash I had previously seen and eaten. This particular specimen, however, was gigantic! It was bigger than my two hands cupped together. Normally I can easily fit one squash in each hand.

Tina informed me that the squash had come from Sally's place and Sally's husband had grown it organically. Now that my curiosity was piqued I wanted to find out more about the grower of this gigantic squash. Tina arranged for me to visit Sally and her husband Barry at their Haughton property located in the Adelaide Hills. I was now on the trail to the place that had produced the giant squash!

Despite having to retrace my steps once, I found my way to Barry and Sally's place, which is still within the metropolitan area of Adelaide. When I arrived I found Barry tinkering away in the shed. After some introductions, and Barry's dog having made sure I was friendly, Barry took me across to his vegetable patch where he was growing the squash.

Barry and Sally live along a ridge that runs east to west. While their property is located in the Adelaide Hills, it is not a bush hideaway, but rather a work-

ing farm with some sheep, cattle and a few horses in the open paddocks. I was later surprised to learn that their property wasn't of hobby farm proportions, but was really a substantial holding of some 64.75 hectares. I had not appreciated that holdings of this size were still so close to the typical 'quarter-acre' residential properties in the metropolitan area.

The vegetable patch is relatively close to the house, which makes good sense. However, as a consequence of the geography of the property, the area around the house is subject to the full force of the strong southerly and northerly winds. To partially overcome the problem of the strong southerly winds, the vegetable patch has actually been cut out from the northern side of the ridge. This provides the vegetable patch with two benefits. Firstly, it protects it from the southerly winds. Secondly, it means that the vegetable patch also faces north, which means that the vegetables get plenty of sun.

The vegetable patch is not large – it probably measures ten metres by six metres. In fact, relative to the size of the

property, it is smaller than probably most vegetable gardens established on the quarter-acre block. The space has been used wisely with a variety of vegetables growing there when I visited.

Barry had planted carrots, tomatoes, cucumber (both apple and continental varieties) and squash. At first sight, nothing really looked unusual. It was a neat vegetable garden protected on one side by the top of the ridge, with the other sides being fenced off to stop invasion by animals.

Barry informed me that it was the first time he'd grown squash and that the decision had been a spur of the moment one, not based on any real plan. When he'd been at the local nursery selecting other plants, he saw the squash and decided to give them a go. As far as Barry was aware, the variety wasn't anything special – he certainly doesn't recall it being called a giant variety.

The plants were in very good condition, given that Barry had informed me that I'd missed them in their prime by a few weeks. Also, Adelaide had been experiencing very humid weather which had resulted in mildew/fungal problems affecting plants from the cucurbit family (squash, zucchini etc), as I had found in our own garden. Barry's plants, however, seemed relatively unaffected by such problems.



Barry Hodby harvesting some giant squash in his farm vegie garden.

Barry separated the plants to reveal more giant squash – large numbers of them in fact. To provide a more accurate guide to the size of the squash, I weighed four of the squash Barry gave me. The biggest weighed 970 grams, with the others weighing 894, 461 and 461 grams (an average of 697 grams). A few weeks later he also gave a few more squash to Tina and Enzo, two of which weighed 1424 and 1158 grams respectively. The squash in the shop weighed in the range of 60 to 90 grams. Barry's squash were 5 to 18 times larger than those from the shop.

As a novice squash grower, Barry had sought advice as to when to pick the squash. He'd been reliably informed to pick the fruit when the flower had dropped off the end. While there were many small 'normal' sized fruits growing on the plants, the colour was rather insipid compared to that of the giant mature fruits. These smaller fruits still had parts of the flower remaining. It appeared that the directions given to Barry had indeed been good! But did they taste all right?

There were two acid tests that could be used to establish whether the squash had become ornamental or whether they were still of edible quality. The first test was to knock on the outside of the picked fruit with my knuckles to determine if the fruit had a hollow woody sound, indicating that while the fruit had grown to gigantic proportions, the additional size had come at the expense of eating quality. The squash, which Barry picked at random in front of me, passed the test with flying colours – no hollow woody sounds there!

The second test required some degree of preparation. It was the taste test and required the squash to be cooked for eating. We've eaten the squash that Barry and Sally gave to us in the following ways: stuffed with rice and vegetables,

barbecued, diced and included as part of a curry. On each occasion, the squash have come through with flying colours – they held their shape, kept their colour, have had good texture and taste. What more could you ask? The only difficulty encountered was with the squash larger than one kilo in weight – the skins were quite tough and really couldn't be eaten. The little button squash that are commercially available are rather insipid in taste compared to Barry's giants.

So how did Barry achieve this feat, especially as a novice squash grower? Was it by chance, or was there some other mysterious aspect to his success that had yet to be uncovered? I'm glad you asked!

Barry happens to be involved in a commercial worm farming venture with some other partners. Consequently, when he became interested in growing vegetables organically some four years ago, he made the decision to grow the vegetables in worm castings. The use of worm castings appears to have been the primary agent for Barry's success with squash. During the previous summer season, Barry had grown zucchinis in the same way – in worm castings. Those zucchinis, so I'm informed by Sally, grew to the length of an adult's arm and were very fat in diameter (nearly two arms thick). However, unlike zucchinis that are normally allowed to grow to larger sizes (such as if the seeds are being harvested), their zucchinis were tender and very tasty! So worm castings appeared to be the magic constituent that resulted in the giant squash.

Organic gardening writer, Peter Bennett, suggests that the cultivation techniques have a lot to do with the eventual size of the cucurbit family fruit. Judy McMaugh has written that providing cucurbits have good drainage, they can be grown in a wide range of soils. The use of large amounts of organic matter, however, greatly improves the performance of

cucurbits. Worm castings are very rich in organic and mineral matter. Given that Barry's worms are grown in cow manure, which itself is a useful fertiliser in its own right, it's not surprising that Barry's squash have done so well!

The obvious question is 'what about Barry's other vegetables – were they also gigantic?' The simple answer is no. An ideal growing medium for cucurbits isn't necessarily an ideal growing medium for other vegetables. Also, some plants (notably zucchinis and squash) have a natural tendency to produce giant fruit anyway and, given their ideal conditions, this tendency is given full rein.

The other vegetables that Barry was growing when I visited were not gigantic in size. This is not to say, however, that Barry's other vegetables were not doing well – they were, but they weren't producing giant fruit! For example, the cucumbers and tomatoes were no larger than you would expect to find in a shop or any backyard garden, but the plants were healthy and the cucumbers certainly tasted fine! Barry has also grown Queensland Blue pumpkins and was growing them this year in a different part of the garden. The use of worm castings in this instance appeared to produce a plant that was strong and healthy, and very productive. The pumpkins from last year's crop, however, were not giants, but perhaps would have been if there had been less of them!

#### References and Information

For those interested in obtaining worms or worm castings from Barry he can be contacted at: Box 342, Campbelltown SA 5074. Ph: 08-8380-5720.

*Organic Gardening*, P Bennett (1989), Child and Associates Publishing Pty Ltd Australia.

*Vegetables for the Home Gardener*, J Lau (1986), Lothian Publishing Company Pty Ltd Australia.

*What Garden Pest or Disease is That?*, J McMaugh (1991), Smith Press, Australia.

## NATURAL MEDICINE

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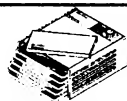
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# THE BEE THING

by John Hodgkinson, Deer Vale, NSW.

**Bees can be an integral part of permaculture. John and Linda Hodgkinson have established an extensive area of year-round bee forage in a high-rainfall temperate climate. Bees are more than mere slaves in the service of humanity.**

For a large part of my life I have been fascinated by, and obsessed with, bees. They are such a paradox: so blithe, determined and productive, yet so vulnerable. On the one hand they are free to fly and forage without earthly barriers. They function outside our own terrestrial limitations. While singly they are relatively useless, en masse a colony can carry out prodigious feats such as storing 30 kilograms of honey in three weeks, given an ideal nectar flow and fine weather. On the other hand, they fall easy victim to adverse weather, bushfire, brood disease, predators and deforestation.

Such a contradiction presents a challenge. From a small starter colony or nucleus comprising a handful of workers and a queen, develops a miracle of life. This tentative colony, under suitable conditions, rapidly becomes a robust, self-sustaining and highly organised productive unit. Through the eyes of the bees and via their determined life force comes a vicarious pleasure experienced only by the beekeeper prepared to sit and watch; to imagine and to fly with them. Such a person can gain through his or her bees, knowledge and deep understanding of the natural world, its cycles and moods, and empathy towards Gaia herself.

I am a keeper of the European bee, rather than the Australian native. Although the many strains of the latter are stingless, I have not yet attempted to run them in material which lends itself to ready manipulation and management. Having on occasion tracked them down to their tree hollows, I have never been tempted to chainsaw their trunk or branch and take it home. A recent television gardening programme showed just that: your own log hive of little black bees for \$x. One day I may try adapting the standard Langstroth hive and miniaturising the foundation comb pattern for the small cell size of natives. This would be a labour of love rather than an attempt

to produce tangible outputs.

No, my bee is *Apis mellifera*, the European honeybee. Through my childhood our family used to let a local apiarist put hives on our farm near Glen Innes NSW, for the annual yellow box nectar flow. Site rent was a 60 pound (27 kilogram) tin of delicious honey per year. As children my brother and I were always fascinated by the robbing and extracting, the precise frames, the smoker, the wonderful aromas and so on. In those days, however, I was far too frightened of being stung to become actively involved. It is my observation that children generally cannot cope with the pain of stings from bees, wasps and bull ants. In my case I regret that someone did not push me a little when I was nine or ten.

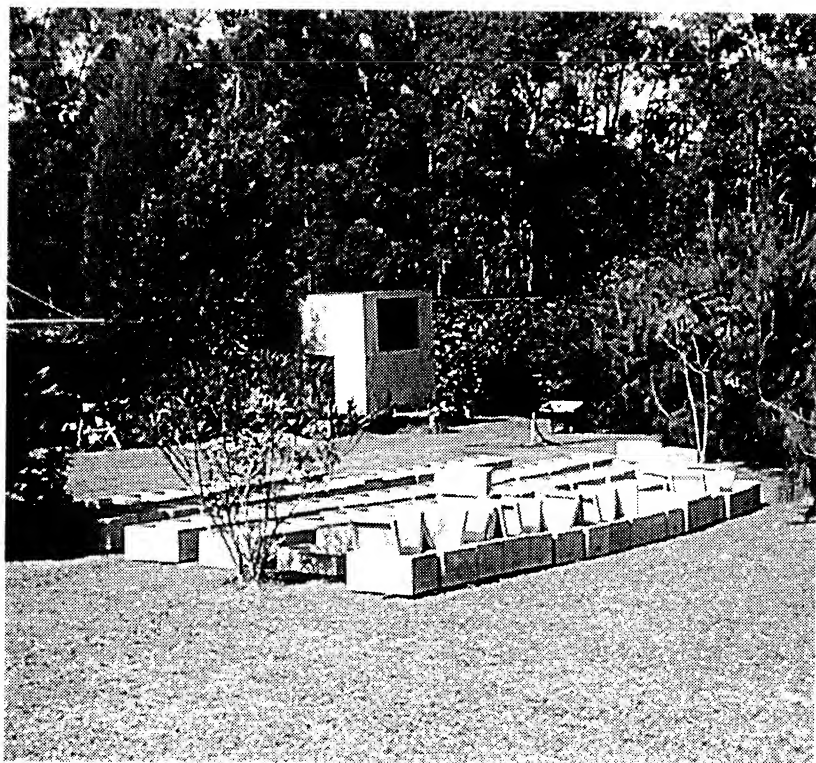
Twenty years on I was running 500 colonies and producing about two tonnes of honey per month in central eastern NSW. What had begun as a

hobby in Sydney in 1972 became a full-time occupation in 1983. Shortly before reducing the hives and equipment back to a more manageable part-time setup in the late eighties, I had even been involved in exporting two-kilogram packages of live bees to Pakistan in support of UNHCR aid to the Afghan refugees. By then, I had become blasé about bee stings (more on stings in a future article). My back is fortunately still sound despite much heavy lifting of hives and honey supers (boxes of frames full of honey). Even after installing an electric winch hive loader on the truck there was still too much heavy lifting and wrenching involved. In many instances, when pressed for time, I chose to load hives and honey supers manually because the loader operated too slowly. I could load 100 mixed two and three deck hives on a cool day in about 1½ hours by back, or in 2½ hours using the loader. This time saving was often vital when a



Moving hives is strenuous work, but it's often quicker to load them manually than to use an electric winch.





New hives being made up, ensuring they are painted properly to be rot-proof.

storm was approaching, darkness falling, or the distance to the next site made me impatient to be on the road.

Making a start in bees is easy, given the books, manuals and courses available, as well as beekeepers usually willing to show how it is done. Going hives are still relatively cheap considering the high cost of starting from scratch with materials bought from a beekeeping equipment supplier. The trap for a beginner in buying a populous hive, however, is that 50,000 bees in one spot are a bit daunting, and there is risk that proper management would be prevented by fear of the colony unless it was very docile.

Of course there is a great deal to know about keeping bees. Any mug can run hives, but to produce lots of honey; to have quiet, disease-free bees; and not to incur serious winter dwindling, all takes quite a deal of knowledge and experience. When I was full-time commercial, a colleague was producing double my honey tonnage from two-thirds the number of hives and his colonies were in better nick than mine. He sure was busy and travelled further, but he was a more clever operator as well.

Most migratory beekeepers can keep you entertained with tales of 'big flows', disease wipe-out, truck disasters, epic trips etc, as well as more human anec-

dotes on personal hardship, characters encountered, hapless assistants and so on. What sticks in my memory, however, is the hard hot work, the promise of honey flows not met, the critical role of weather (usually adverse), and all the travel in search of pollen and nectar. I look back on many kilolitres of truck fuel burnt up and wonder how I could have participated in such an environmentally unsound enterprise.

These days, I am much more content to run up to 30 hives in a static setup. Linda and I have a place near Dorriggo on the NSW northern tableland which we have developed on permaculture principles. We already have about 10 acres planted to temperate fruit trees, berries, nuts and bee forage plants, with the aim of extending this at least fivefold. It is still a young food forest, the oldest trees having been planted only five years ago. Nevertheless, we are already seeing a dramatic change in early spring hive build, with tree lucerne flowering from about June, the early peaches and nectarines blossoming from August and interplants such as wild turnip flowering right through winter into spring. Spring itself has become a pollen bonanza, although still light on nectar. This is where our hive management needs to be conservative. We have to leave up to two

full supers of honey on each colony to get it through the cold weather, and also to allow bees to convert all the incoming pollen into early spring brood. It is only by so doing that the hives are able to build sufficient populations to produce surplus honey in the summer and autumn. Housing hives to lessen extreme climatic effects is a project we intend to undertake in the near future.

At Hodge Podge Farm we have three main reasons for keeping bees. We want to see our plantings performing as many functions as possible. Plant pollination is maximised. We sell and trade honey, pollen, beeswax and nucleus colonies. Last but not least, we just love keeping bees. The intense buzzing of these creatures in blossoming trees, across expanses of borage, lavender, rosemary, coriander, corn tassels and so on; the wonderfully intricate and organic workings within the hive; the ambiance of energetic life which comes from each hive and the apiary – these amount to a very strong reason for having bees as part of living in a cornucopia. And unless you have smelt the heady down-wind aroma of an apiary as nectar is fanned at night on its way to becoming honey, then you have not fully sampled the delights and deep satisfaction of beekeeping.

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# BEING CRAFTY IS THRIFTY

by Marjorie Bligh, Devonport, Tas.

I do not know any other life than a recycling one. My mother had to raise three girls under the age of eight after dad died when I was three.

Mum was very thrifty. Sheets were made from calico flour bags, as were pillow cases. Tablecloths were handmade and embroidered; bedspreads were patchwork from leftover pieces of material from dresses she made us by hand. My elder sister Doreen's dress was handed down to me, and in turn was handed to my younger sister Beatrice. Bloomers were hand-sewn from that dress once Beatrice grew out of it.

Mother turned *her* dresses, once worn, into pinafores, or sometimes cushion covers. Those days you bought sugar in a sugar bag, and oh dear, the things she made from those bags were unreal: shopping bags, bag aprons, cushion covers, mats, oven cloths, kettle holders, and, by the tap outside a piece hung to dry your hands on after milking, weeding, or picking fruit. It was always neatly hemmed or bound. Many an hour was spent with a hooked needle and wool pushing it in and out of the sugar bag, finishing up with a mat that never seemed to wear out. I know, because I have them now and they still look good.

Mother made her own bread, jams and preserves and taught us girls to do the same. Sometimes I think I go too far in conservation, but at the end of the year, when we can have a holiday on our savings, it is a glorious feeling of satisfaction and the envy of other pensioners at times.

We walk nearly every day to the post



office with book orders, and that is over a mile, so a great saving on petrol. On the return home, we fill the shopping bag with empty plastic and glass bottles that are littering the streets, also ice cream sticks. I use the ice cream sticks as markers in pot plants that we sell at the annual Reece High School Garden Show. They are easy to write on and labelling is a must if you want to sell your plants, as true gardeners like to know the names of plants they are buying. What we don't use for that purpose, we use as kindling.

Eric and I have a Clean Up Australia Day nearly every day, not only on the third of March. I've cut up and crocheted hundreds of bread bags and supermarket bags, making useful articles, even hats, and I have cut up literally thousands of pantyhose and knitted and crocheted them into items from waistcoats to floor rugs. People come from all over Australia to see my craft I make from waste. I have been on the Midday Show with Kerri-Ann and I guess people get sick of seeing me in the magazines, but I like passing on what I have learned through trial and error.

I have been writing a column on hints in the daily newspaper for the past 25 years, but still every day people ring me for free advice with their problems. I guess that's what makes the world go round. I would though appreciate it if people would send me a self-addressed envelope when they are writing to me for information on anything, or on my books. It is not only time consuming, but I no longer can afford the postage.

I hope other readers get as much

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Feedback pages, but goodness me, some people ask for a lot, all at the one time. The library is a wonderful place to go when one is in need of help.

Am enclosing a photo of articles I've knitted or crocheted from bread wraps and supermarket bags just this year. The dog doorstep is crocheted from stockings (back of photo). There's an ice cream bucket and a square one as well (covered), margarine containers, detergent bottles (cut off at the neck), bottles covered for vases, a mat and two shopping bags. On the right is a handkerchief box. I covered the lid also. The bucket and others are good for carrying scones or biscuits to CWA, or sweets for sick people in hospital. This is only a small portion of what I make from waste.

### KOOKABURRA PARK INFORMATION

The story on Barry Davies' Kookaburra Park that appeared in GR 134 gave incorrect contact details. The correct numbers are: Phone: 07-4153-1303, fax: 07-4153-1358.

### OLD TYRE USE

Here's how to solve several problems at once and at the same time create a handy and practical device. Those old tyres lying around the yard are both a nuisance and an eyesore. Hang two or more with strong fencing wire from a strong tree or from bracket on a shed and stack in them all those long lengths of piping and timber that are laying on the ground rusting and rotting. This will make for a tidier yard and because everything is suspended above the ground it will be easier to mow the grass while preventing mice, rats, snakes and other undesirables hiding amongst the material.

John Mount

# FISH TALES

by John Mount, Woodford, Qld.

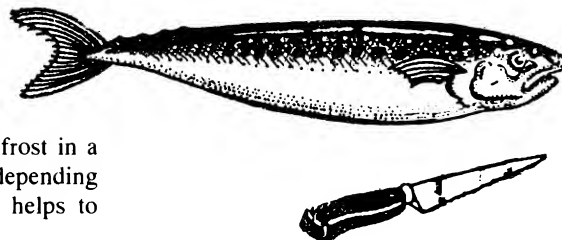
Have you ever noticed how fish often lose much of their taste after being frozen for some time? A good idea after taking fish out of the freezer is to allow them to defrost in a plate, bowl, or dish of milk, depending on the size of the fish. This helps to retain the flavour.

While on the subject of freezing, if refrigeration is unavailable, raw fish can be kept unrefrigerated for a while if placed on a convex surface such as an upturned dish, and then the lot is placed in a deep bowl. This is to prevent the fish from sitting in its own body fluids. Cover the fish lightly, but not so as to totally exclude the air.

It is usually better to scale and clean fish soon after catching. The fresher the fish, the easier it will be to scale. Sometimes when this is not possible and the scales are difficult to remove, try dipping the fish into boiling water for a few seconds, the scales will then come off much more easily. Remember, the sooner fish are gutted and washed the healthier they will be! This practice usually prevents bacteria from the stomach of the fish affecting its own flesh.

When grilling fish, leave the scales intact. They will protect the flesh from high temperature and seal in much of the flavour. When finally cooked, the scales and skin will easily peel off.

To prevent fish from absorbing any oil or fat that they are being fried in, add one dessertspoon of vinegar to the cooking fat



or oil as soon as it begins to bubble.

To make a delicious fish beer batter, take one part custard powder and mix with two parts wholemeal self-raising flour. Pour sufficient flat beer into the mix, stirring continuously, until a thick consistency is achieved. If a few drops of vinegar are added to the batter just prior to coating the fish, it will make the coating extra crisp.

When purchasing fish, buy fillets. It may seem more expensive but you won't be getting any wastage: besides, the head, skeleton, and fins of many fish can be surprisingly heavy!

Before buying fish, remember to check the following points: the eyes should be bright, the gills should be clear and nonsticky, and the scales easily removable. Medium-sized fish are usually better in texture and easier to handle than large fish. Cut or sliced fish should have flesh of a firm appearance and a close grain.

Because of the high protein content of many fish, they make an excellent substitute for red meat, and many fish types are a good source of iodine.



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# MAKE A SOLAR DRIER

by Neville Jackson, Tingha, NSW.

**For around \$50, perhaps even for no cost if you are an inveterate hoarder and have a well stocked shed, you can make a drying cabinet and enjoy the fruits (and vegies) of your labour all year.**

Drying was probably the first ever preserving method used by humans, even before cooking. Note the many foods that naturally dry and preserve on the plant: grapes and grains for example.

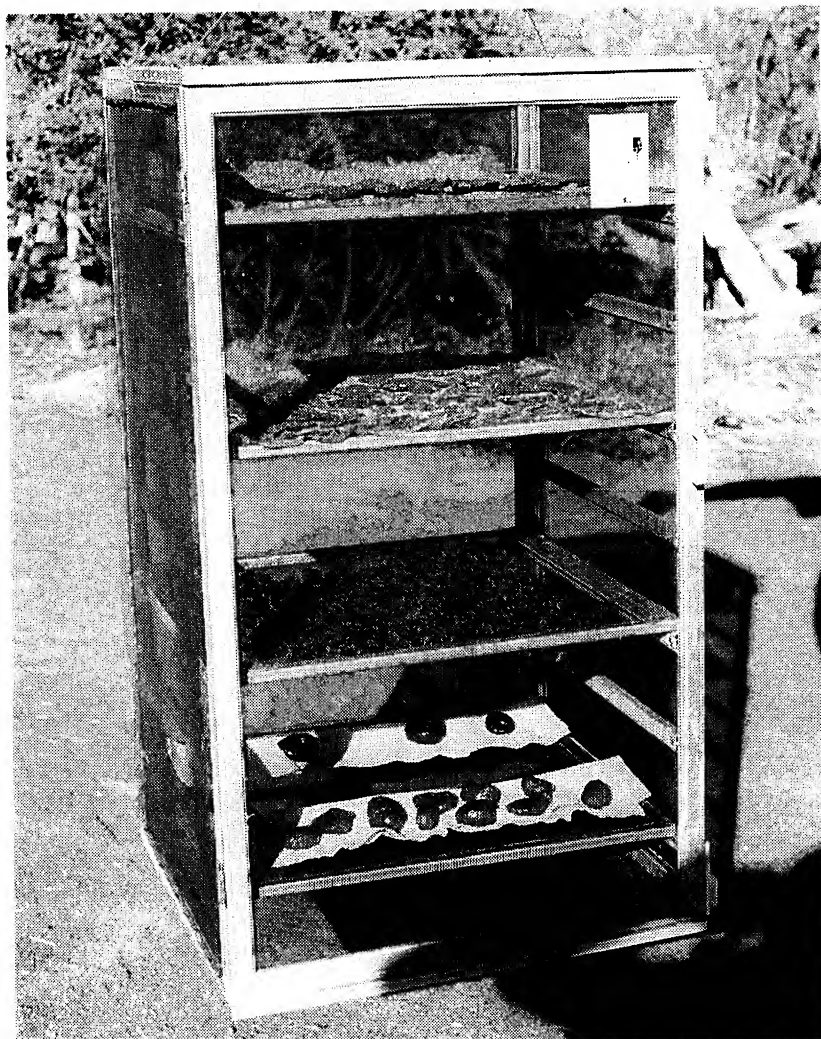
It's an ideal way to store garden surplus or bargains. Dried foods lose most of their contained moisture, retain most, if not all, of their vitamins and minerals, and take up little space. If suitable clear jars are used for storage, the contents make an attractive shelf display and source of discussion, boasts, inspiration and gifts. You will never be short of a meal or 'padding out' if unexpected guests arrive for dinner. New and different recipes will present themselves for using your dried produce.

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## TOOLS AND MATERIALS:

	approx costs
flyscreen roller	\$ 4.70
aluminum mitre box	\$ 4.50
extra corners (dependent on shelves)	\$ .30 each
butt hinges,	\$ 4.25 (x2)
suggested 38 mm brass	
magnetic catches,	\$ 3.00 (x2)
suggested 30 mm	
door handle	----
box self-tapper screws,	\$ 4.90
15 mm	
hacksaw	\$ 2.95
flat file, small	\$ 3.00
'T' square	\$ 3.00
electric drill	----
rubber mallet or similar	----
Optional: cup hooks,	\$ 1.10 (x5)
suggested 32 mm	
pulley wheel, 20 mm	\$ 2.35 (x1)
length builders' cord	

The electric drill and mallet are not costed as these are usually available in the workshop. Many of the materials are also shed residents and therefore



Your cheaply made solar drier can save you heaps of money and ensure delicious meals throughout the year.

almost free. Door and window aluminium flyscreens can be cheaply obtained at auction or garage sales.

## CONSTRUCTION

Start by dismantling screens, remove the splines (soft plastic tubes that hold the mesh in place) and the mesh.

With a rubber mallet or soft piece of wood, carefully knock the corners away from each other to release the internal 'Ls'. If corners are riveted, these are usually 3 mm so use that size drill bit to remove them.

Record measurements and number of undamaged lengths recovered to estimate the dimensions of the cabinet and internal trays. Draw up a sketch of the cabinet and start with the longest lengths of aluminium for vertical sides, eight are required.

Construct three separate rectangles as sides, using a small aluminium mitre box for 45 degree end cuts. A small flat file that fits inside the lengths is used to remove any burred edges.

**Note:** The door is best constructed later so the insect-proof overlap is



more precise.

Screw in side runners for shelves at suggested 100 mm spacings.

Draw cabinet base outline on flat construction area and ensure that all internal angles are right angles.

Screw together the three sides and align on chalked base.

Make top and bottom rectangles (or squares) with overlaps so that they can be screwed to sides.

Make door to fit. A cotton reel or similar will suffice as a handle. Two small butt hinges are adequate and two magnetic catches act as door closures.

Shelf trays are made from leftover pieces. Ensure a loose fit on the runners.

Four more waterproof cotton reels or similar can be screwed to the base corners to provide an air space and clearance. The cabinet can also stand in water to prevent ant access.

If rodents are a problem, wire loops can be screwed to the top and this lightweight unit can then be hung from a verandah or indoors to take advantage of refrigerator, heater or people warmth. The pulley wheel is securely fastened to an overhead beam or strong point. The cord from the cabinet is taken up over the pulley wheel then down to a secure cup hook on wall, out of reach of small children.

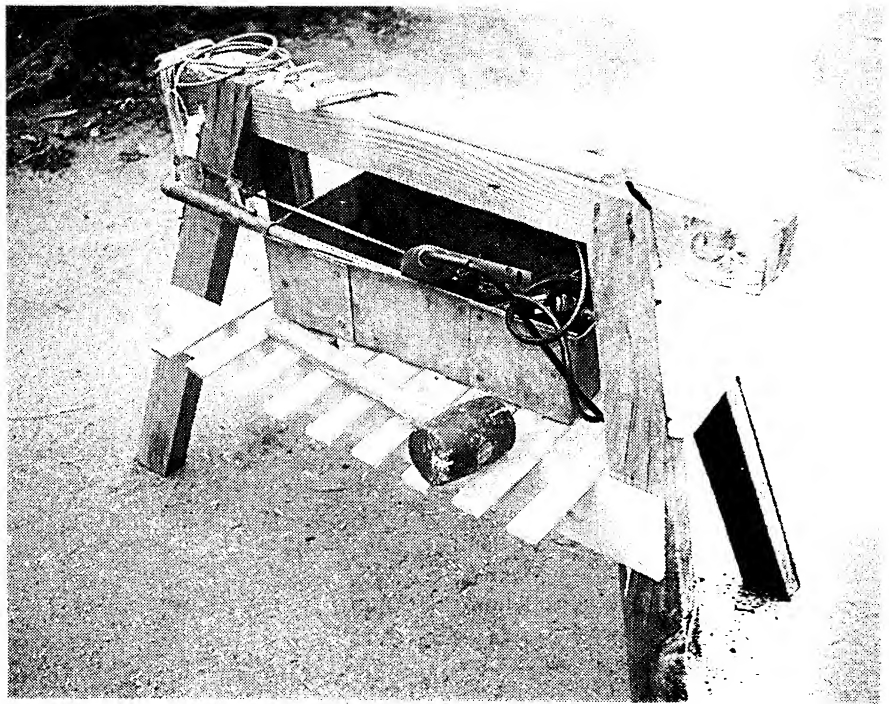
#### Alternative Construction

If second-hand flyscreens are not available then this unit can be made from softwood strips and the mesh attached with a staple gun.

#### Remember

- Always use protective eye wear.
- Work safely.
- Exclude children and pets
- Measure twice and cut once.

Next time I'll describe how to dry a variety of foods.



Sawhorse with required tools set up ready for the job.

## FOOD DRYING FACTS

Drying is one of the oldest and simplest methods of food preservation. Dried fruits and vegetables are lightweight, do not take up much space and do not require refrigerated storage. Most importantly, they are healthy and delicious!

Foods can be dried in the sun, in an oven or in a food dehydrator. To dry foods outdoors, hot, dry, breezy days are best. A minimum temperature of 30°C is needed with humidity preferably below 60 percent. It takes several days to dry foods outdoors and they

should be covered or brought under shelter at night.

The optimum temperature of drying food is 60°C. This is adequate for removing the moisture from food so that yeasts, bacteria and moulds cannot grow. If higher temperatures are used, the food will cook instead of drying.

Even drying of foods is the aim – if food cooks on the outside and moisture is trapped in the middle, conditions for mould growth occur. Turning foods during drying helps prevent this.

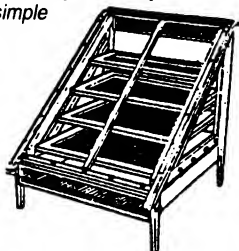
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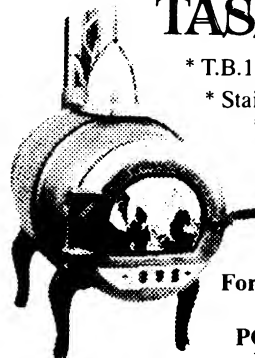
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# BEER CAN BUTTERFLIES

by Allan Stewart, Alexandra Hills, Qld.

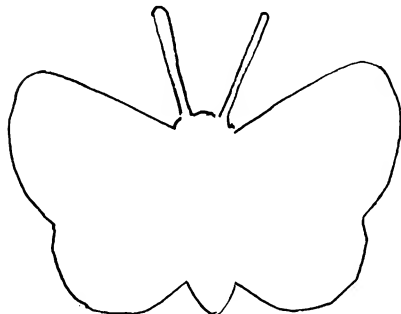
Although I don't suppose anything works one hundred percent (it wouldn't be in nature's way), since using these butterflies my cabbages and broccoli have suffered considerably less damage than they did when I used my garlic and chilli spray. The idea is that a cabbage white butterfly apparently seeing another butterfly hovering around prior to laying eggs simply moves on elsewhere. Perhaps more observation is required, but it is worthy a try and should cost very little, especially if readers have some leftover paint and light fishing line.

Although only a few will be needed, some may wish to cut out a number for vegie-growing friends, in which case a can of spray paint at \$2.95 and a tiny quantity of grey or black would be more than enough to colour 50 or so.

The beer or soft drink cans can be picked up around picnic areas and roadside verges. Don't let me down here by actually buying them. Remember, the litter bugs are happy to provide them for you at no cost. The fishing line too. For those who live near the coast fishing line is sometimes discarded by careless fisherpersons!

Open out a beer or softdrink can. Draw around a previously prepared life-size stencil of a cabbage moth, as many times as required. Cut out shapes with sharp scissors.

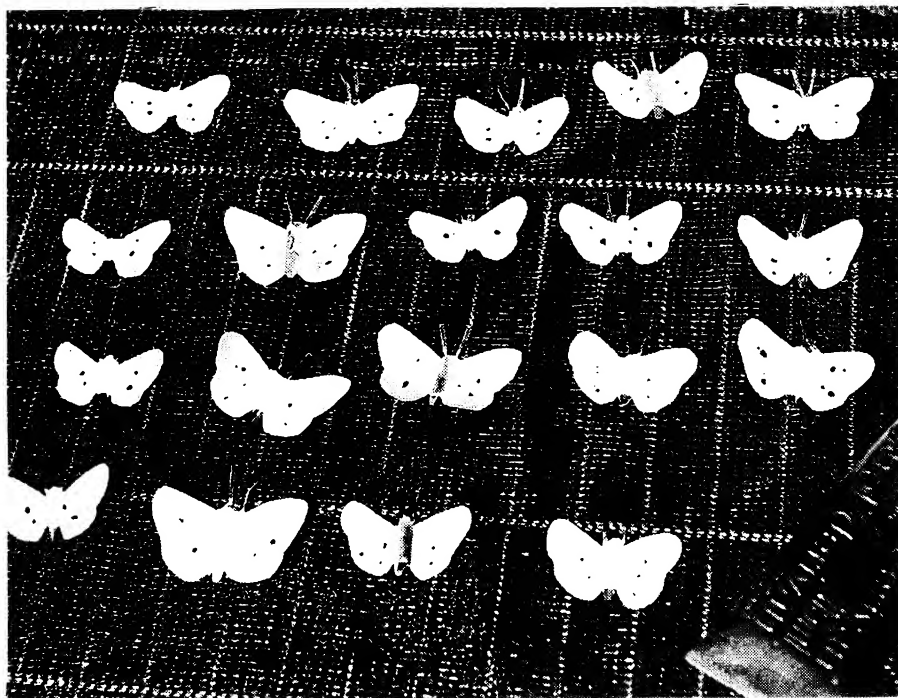
A suggestion for those who would like to cut out a number is to do them during those mind-numbing TV commercials! Paint all the shapes in white or pale lemon. A child's paint brush is okay for the dots on the wings, head and thorax and for the antennae. When dry,



Actual size of the cut out butterfly.



Top: Fake 'butterflies' can deter real ones from landing.  
Bottom: Make a few and give them to friends.

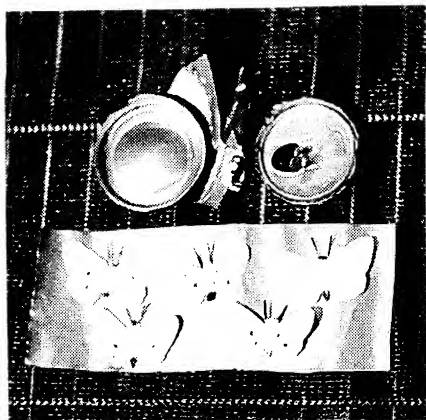


## HELPFUL HINTS

Herbs to repel cabbage whites include hyssop, rosemary, southernwood, thyme, mint and sage. Pepper shaken on wet leaves also repels caterpillars and butterflies.



# FOOD FOR THOUGHT



Cut open aluminium cans to make butterfly-like structures, mind your fingers.

When dry, punch a tiny hole (a tin-tack will do), then thread through some fishing line and tie a few knots. Fasten to a stick and push in to the soil at an angle so the butterfly hangs over the target area. They look surprisingly realistic. It only needs a slight breeze to have them dancing around.

To end, readers will have noticed that cabbage whites aren't really white at all – they have a slight lemon tinge to the colouring.

## DANDELION

Young leaves can be eaten in salads; tie outside leaves together for a few days to make inner ones tender and less bitter. A tea made from the leaves and flowers acts as a diuretic. Roots are reputed to act as a tonic and can be dried, ground and used as 'coffee' or boiled like parsnips. Do not confuse with similar looking cats ears.

## FRUITY SALADS

Add toasted pecans and ripe pear slices to a green salad for a gourmet treat! Impress your palate with a handful of raspberries tossed into a chicken salad. Mix oranges or mandarins with grated beetroot for a colourful and tasty salad. For a dressing add garlic and olive oil to citrus juice with a fresh chopped herb of your choice (chives and basil work well).

## MILK & HONEY SPRAY FOR SICK PLANTS

When a plant in your garden is undergoing a sudden attack by damaging insects, or is simply experiencing great stress for whatever reason, a spray of milk and honey can sometimes help. Although the precise reasons for this are not clear, it seems that the beneficial effect may be due to the spray's attraction of beneficial insects to the plant. The formula is basically 1 part milk to 9 parts tepid water and then 1 part honey to 100 parts of the milk/water mixture. Stir for twenty minutes and spray in a medium to fine mist.

## FRUIT & VEGIE WINE

Wine can be made from just about all edible fruits and vegies. Consider making it, as well as jams and preserves, when your garden produces an abundance of a fruit or vegetable (see GRs 120-122).

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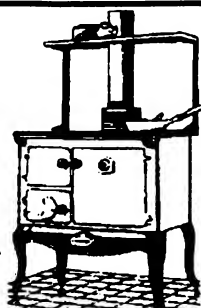
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# A TIME TO GROW

by Sian Morgan, Penshurst, Vic.

**Mental illnesses are more common than many physical illnesses, including diabetes and asthma, with an estimated one in five Australians experiencing a mental illness at some stage of their lives. Too often, lack of understanding and fear of stigma prevent those affected from seeking help when they need it. National Mental Health Week, from October 17 - 23, aims to raise awareness of mental health issues to ensure that people with mental illness receive the same understanding, support and acceptance as do people with physical illness. We are grateful to Sian Morgan for sharing her insights and hope her article encourages others similarly affected (and their families) to 'see illness as a time to grow as a human being, to bring balance and courage into life again'.**

I grew up on a farm near Hamilton in the Western District. After completing my HSC, I left home and studied art and design in Melbourne. I worked as an art director in advertising for eight years. As an art director I was responsible for the visual look and design of either TV commercials or printed matter. The advertising world is a world unto itself with its hectic pace and pressure to perform. Overall, I enjoyed my work and lived the lifestyle, but after eight years and some disillusion, I decided to leave and go overseas.

I travelled alone and met up with friends on the way. I worked in London and in Italy where I first noticed some difficulty coping with the stresses and pace of helping to run a holiday chalet and later as a waitress/cleaner/housekeeper in a hotel. After two years family and friends persuaded me to return home for a rest. On returning, I found it increasingly difficult to cope with everyday life. My ability to organise my affairs deteriorated; for example an art directional job I would previously have handled with ease I found overwhelming. I was often breaking into tears over minor matters, even the simple things like deciding what to wear each day seemed to be a problem.

This continued over the next two to three years as I stumbled through odd jobs and moved from house to house. Friends and family suggested I should seek help. I saw a psychologist for a year who respected my wish at that time not to have to take medication. We worked through various problems I was having such as panic attacks and general confusion. Eventually though, I came home to my parent's farm and, on the request of my father, saw our local GP. He referred me to the

regional psychiatric team who came to assess me. The symptoms they found at this time were low motivation, inability to control emotions, confused thoughts and disconnected speech. I was diagnosed with schizophrenia and advised that I would need to take medication.

Like most people, I had no knowledge of mental illness. I misunderstood the term schizophrenia, which further enhanced my despair and fear of not knowing what was happening to me. At about this time I experienced a psychotic episode which, for me, was like delving into another reality. I was still 'in' this world, but everything had unusual connotations and meanings. I could feel strange pulling sensations within me in relation to my parents. There were spiritual and alien images in the things I saw around me. I felt the force of being pulled into a giant vortex or black hole, and saw visions of the world being transformed into a super-sonic age. At times I could see animals within the human form. My mind was a blur of so much information that I became scared and thought I was dying.

Unable to reach me, my parents contacted the psychiatric service. I was taken to hospital where I continued to believe the world was ending and that I was part of a scientific project. In the acute psychiatric unit I was given a treatment of antipsychotic medication.

Recovering from such an episode is traumatic. You don't know what is real and what is not real any more. It is difficult to trust your own senses, let alone believe what anyone else is telling you. However, with time and with patient nurses, doctors, support workers, friends and family, you do begin to believe again.

Hospitals, or wards where people

with a mental illness are cared for, are not lunatic asylums as the popular myth would have us believe. I found the hospital a friendly place and I still keep in contact with some of the other patients I met there. It has been a little over a year since I was ill and I take medication, now on a daily basis. Unlike some of the older medications, the new antipsychotic drugs have fewer unwanted side effects. I have experienced only weight gain and blunted emotions. I see a case manager from psychiatric services once every two weeks to check on my progress. She has helped me by educating both myself and my family on the illness and given me a structure to start rebuilding my life again.

Apart from the medical side, there have been many people and activities that have helped me come to terms with my illness and recovery. Family have been an ongoing support and I still live at home with them. Friends especially have never let the stigma be a barrier to their friendship. The Association for Support of Psychiatric Services, or ASPS, is a regional organisation that gives support to people with a mental illness, both individually and in groups.

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I attend a weekly drop-in gathering where we do group activities like art and craft, play games or just sit and talk. Every two weeks we go horse riding. Sometimes we go on excursions to visit other groups, or attend mental health conferences. I've made many friends within ASPS and we all support each other.

As part of the ASPS community awareness program – MIEA (Mental Illness Education Australia) – I have trained to be a presenter in schools. This has been a wonderful opportunity to raise awareness and to help dispel the myths of mental illness in the community.

I have also begun to study holistic healing at the Victorian College of Holistic Healing in Melbourne. This involves nutrition and tissue salt therapy, flower therapy, esoteric healing and holistic counselling, to name a few modalities. Although I have not found an alternative healing method specifically for schizophrenia, this course gives many practical ways of taking responsibility for my own health and wellbeing. My future goal is to be a practitioner in holistic healing so that I can help others to find their own peace of mind and appropriate alternative

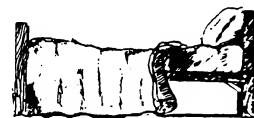
health care.

Yoga, Tai Chi and meditation have been invaluable ways of clearing the mind and finding a sense of balance in my life during recovery. The only area I feel was lacking in my recovery is that of counselling. The reason I say this is that psychiatrists and support workers deal with medication and day-to-day living, but not the actual trauma of a psychotic episode. I was told to dismiss or forget those times as dreams, however, they will always remain in my mind as an experience with another reality. Either real or not, they leave an opening or gap that I cannot comprehend or understand.

I believe recovering from a mental illness is much like any illness in that it is an ongoing process leading to you inevitably taking responsibility for your own health and wellbeing. I also see illness as a time to grow as a human being, to bring balance and courage into life again.

For people requiring information about regional support groups, your first point of reference is your GP of Local Health Centre. Alternatively try the Federal Government's mental health site home page – [www.health.gov.au/hsdd/mentalhe/links/index.htm](http://www.health.gov.au/hsdd/mentalhe/links/index.htm)

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# THE BUSH GARDEN

## HARD YAKKA TIME

by Dorothy Creevey, Old Bonalbo, NSW.

Last time I introduced you to the idea of planning a bush garden and choosing suitable species. This done, it's time to work.

Start stockpiling paper, cardboard, etc. I don't recommend old carpet or underlay as there have been too many harmful chemicals applied. Collect any mulching materials you can, such as straw, hay, shredded paper, sawdust (you will need something coarser to mix with this one), leaf litter, rocks (for mulch), grass cuttings, etc. A mixture would be preferable, the more the merrier.

Before planting begins do any land-forming, construction of terraces, trellises, pools, ponds, swales, build beds, lay paths and remove any unwanted trees.

### SWALES

If you decide swales are for you, it wouldn't hurt to borrow *Permaculture*,



A completed native garden bed. See photo sequence to find out how it's done.



Site about to be prepared in John and Sue's Ipswich garden



Step 1: Sue is scalping the area with a lawnmower. A brush-cutter could also be used.

by Bill Mollison, from the library or a friend and read up on swales. They are a great way to save on water costs and to maximise whatever rain falls on your property. Swales can be as big or small as your energy or pocket dictates.

For those of you not familiar with permaculture, a swale is a large hollow or broad drain intended to first pool, then absorb all surplus water flow. It is only intended to hold water for a few hours before recharging the ground water. Thus, the base is ripped, gravelled, sanded, loosened, or dressed with gypsum to allow water infiltration. Trees ideally overshade the swale and the depressions are mulched heavily. The base can be uneven, vary in width, and be treated differently depending on the soil type. The soil is normally mounded downhill or (in flat areas) spread. Water enters from roads, roof areas, tank overflows, grey water systems (don't use detergents containing boron), or diversion drains.

#### USE WHAT IS ON SITE

Rather than discard it, use the soil from house foundations, pools, ponds, etc for another purpose on site if possible. Perhaps you need a bank to cut road noise or have a view you would prefer to hide. A mound of soil may be a nice spot to

build a gazebo upon, or you could use the soil to add interest to a flat allotment by creating one or more levels.

Position any large rocks you may be using, remembering that although it seems like a terrible waste, they will look far more natural if they are two-thirds buried. If it is necessary to cut down any existing large trees, don't burn or remove them. If possible, cut the trees up and use parts of them for edging or to create seating throughout the garden. In a natural forest a floor littered with moss-covered fallen trees is part of its charm.

#### MARK OUT BEDS

Get your plan out now and see where you wanted your garden beds. Mark out each bed with something like a garden hose, or better still, if there is grass, mow around the outline of the proposed beds. This does two things: it shows clearly where the bed is to be, and also gives a curve that the mower can mow around comfortably later on with no tight corner or second cuts.

Until the plants have become established, it is preferable to have some kind of edging to hold the mulch in place. It need not be permanent. Place edging now if you are using it, remember it is desirable that it is of a natural material,

preferably indigenous to the area, or at least a similar colour to the soil.

#### BED PREPARATION

There is no need for spraying with herbicide or for digging. Scalp the bed areas with the lawn mower without the catcher on, then water well. Sprinkle blood and bone over the bed. The blood and bone will do two things. It will improve fertility and encourage earthworms. If your soil is excessively acidic, sprinkle dolomite or lime over it. A sprinkling of rock phosphate wouldn't hurt either.

Next, fill a wheelbarrow with water and add your newspapers to it. When soaked, spread the paper out to cover the bed area. A full newspaper thickness would be best if you have plenty, if not, then a minimum of six sheets. Replace paper and water in the barrow as you use it. Follow this with a thick layer of mulching materials. The mulch needs to be at least 10 centimetres thick. The more mulch you have the fewer weeds and less watering in the future.

If you plan to install a dripper watering system, bury any underground main line now. There are free booklets available at retail outlets recommending the most suitable fittings for the job. I rec-



Step 2: Sprinkling blood and bone over the scalped area. This could also be done as a final step.



Step 3: Watering the area generously to wash in the blood and bone.



Step 4: Laying a sheet mulch of paper or cardboard.



Step 5: Laying mulch into which the chosen species are planted.

ommend a central line with feeder tubes with drippers and pressure valves (if necessary) attached for each bed. Join as many central lines as your water pressure can cope with, unless you have different beds with different watering requirements. Don't bother adding dripper feeder lines yet as they can be added as you plant each plant.

If you have beds you aren't planting

with permanent plants for a season, poke a few large annual seeds into the mulch. It could be the pumpkin seeds from last night's dinner, or a few seedy potatoes for a bonus crop. Even better still for the garden, a green manure crop grown just to add extra mulch (by whipper snipper), plus nitrogen if it is a legume, or phosphorous if it is barley.

Once established, this type of garden

shouldn't require much more than an occasional prune to improve flower production, clear pathways and to generally tidy up. After a few years it should be self-mulching, but in the early days it may require the occasional mulching. Don't be too tidy with the annuals, let them self-seed and establish themselves.

Now sit back, enjoy your garden and watch the wildlife discover it.

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# NEWCASTLE DISEASE ON MANGROVE MOUNTAIN

by Dave Crawford, Mangrove Mountain, NSW.

From time to time we read or hear about disease outbreaks affecting farmers, but, apart from feeling a distant sympathy and also relief that it's not our own area that's affected, we seldom give much thought to the wider repercussions of such a rural catastrophe. Newspapers highlight the financial aspects of the problem, but more personal aspects are usually ignored. Dave Crawford's story about how the recent outbreak of Newcastle disease in NSW has affected himself and others in the community gives a different perspective.

My wife Mary and myself live in the restricted area of Mangrove Mountain where Newcastle disease has broken out. This disease is named after Newcastle in England, from an outbreak there in the 1930s. It affects all species of birds and, depending on the strain of virus, can be very lethal and contagious. *It does not affect humans.*

The outbreak here was detected in one pullet growing shed on April 1st, '99 and control measures put in place immediately. The property was quarantined and crews moved in to kill the 27,000 birds on the property and burn the carcasses as heat destroys the virus.

On April 15th the virus was discovered on three other properties, broiler growing sheds in the plateau area, and pandemonium broke loose.

Road blocks were set up on *all roads* in and out of Mangrove Mountain and car searches began for birds and bird products. A multitude of workers descended on our area, a total of 41 different government departments and agencies, amounting to many hundreds of workers on the ground at any one time.

The slaughter and disposal of 1,900,000 commercial birds got under

way. Most of them did not have the virus by the way. They did this to stop the spread, so they say. All backyard birds were safe at that time and monitoring them showed no sign of the disease.

Suddenly, in early May, the authorities decided all backyard birds and pet birds should be destroyed – even though no birds were found infected. The killer squads moved through every property in the restricted area (approximately 150-200) and lethally injected all our pet birds – 2,250 backyard and pet birds were destroyed, some with bloodlines going back to the First Fleet, others that had been selectively bred over 20 or more years.

This normally friendly neighbourhood turned inward, closing its gates, not waving to cars in the street, suspicious of strangers, feeling let down and emotionally drained. All the birds are now gone but the decontamination is still continuing for another six to eight weeks and road blocks will be in place until this is finished.

The commercial farmers have received government assistance and will start restocking again later in the year. The rest of us without our special friends will continue to grieve and a lot

will not take on birds again. The avian societies have offered to help those who do wish to restock, and I thank them. We will return after all this a stronger community as we did after the disastrous bushfires of 1994.

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# BREED YOUR GEESE

by Megg Miller, Nagambie Vic.

Managing waterfowl, and in particular geese, so that young are hatched and raised successfully is quite an art, and for that reason many people seek help after several years of failure. A range of questions from a frustrated reader has prompted this article as the issues raised and how they should be handled will be relevant to many GR folk.

## HOW GEESE BREED

Geese are seasonal layers, they come into lay in spring and produce sufficient eggs to form a clutch for setting. Whether a second clutch is laid will depend in part on the weather as well as the success of the first setting. If no live goslings were hatched, the goose would speedily recover her body weight and start laying again within a couple of weeks. With young to raise, the goose would be slower in looking after herself and so take longer to regain the weight that was lost during the setting period. By the time she returned to prime condition the weather may have warmed up and a rise in ambient temperature seems to signal the end of the laying and hatching period.

Usually a goose will lay a clutch of eggs and then sit firmly on them for the 28 days required for incubation. Some birds are tight sitters, rarely leaving the nest during this period, others may take a short break every other day, eating, drinking and cleaning their plumage before rushing back to the eggs, while others still are light sitters that look for any excuse to leave the nest. These are usually the ones that produce poor hatches or will abandon the nest if unduly disturbed.

When you discover excellent broodies it is essential you leg-band or mark them in some way so you can identify them at culling time and when the breeding season comes around again next year. Don't waste time and eggs on birds that have proved difficult or wayward. Of course you owe it to those with good sitting and mothering skills to provide a safe and well managed brooding

environment.

Some geese sit spasmodically on their eggs. They may start spending the night on the nest after producing just a few eggs, leaving it during daylight hours and waiting until there are a dozen or more eggs before seriously sitting. On principle this on-off behaviour is detrimental to the eggs as they are being heated up and then cooled regularly. At times such eggs hatch successfully, on other occasions they appear infertile but this could be due to the germ being affected by the irregular warming. Females that sit spasmodically should be culled from the flock if possible.

## BREEDING RATIOS

It is imperative you do not keep too many ganders or there will be dreadful fighting. How do you tell the males from the females? It is exceedingly difficult. You can vent-sex but this is not easy for beginners. Full instructions have been given in GR 83. Another method is to listen carefully to the vocalising of the flock, the females will be distinguishable from the males by their deep, low voices. The males by contrast are of a higher key and they are more inclined to shriek and parade around with much posturing. By spring time, too, the females will have a noticeable egg bag at the back of their abdomen and this is quite obvious when the bird is viewed from behind.

Geese form long-term emotional bonds with their partners and suffer grief when separated. Despite the emotional bonding it is customary to run geese in breeding flocks. Chinese geese are kept at a ratio of one gander with three to six females. Medium sized geese (and this includes most farmyard flocks) are run with one gander per three or four females. The giants of the goose yard, the Toulouse and Embdem, do best kept as pairs or trios.

Don't be surprised if the geese themselves sabotage your efforts to run the correct ratio. You often find a dominant mate will steal all the



A protective gander shielding his mate from potential danger.

females, with a couple of miserable ganders following at a safe distance.

The role of the gander during the setting period is important and there is no way this protective task can be fulfilled adequately if the male is running between six geese. A good gander will stay with a sitting goose most of the day and night, and if allowed, he will escort her when off the nest. After the young hatch he will assume greater protectiveness, will communicate with the curious, first-hatched youngsters and then, when all are ready to emerge outside, he will lead them to food and water and keep them safe. Parenting, with geese, is a shared activity. No wonder goslings are lost to crows or become chilled, there is an immense amount for a gander to co-ordinate if he has a small harem.

Do not be surprised either to find petty jealousies amongst the wives, even deliberate nest breaking. The matrimonial politics are such that many goose keepers settle for pairs rather than flock mating in an effort to maintain a peaceful and productive environment.

If geese bond naturally, what happens if you wish to interfere and mix and match birds? You can mate up new pairs but it is best done well before the hormones start to surge, as



early as April-May. Later than June will rarely elicit success. You will need to lock the selected birds up together well out of hearing of the former mates or there will be wailing and calling back and forth. New bonding takes time but even then it does not always work.

### SUITABLE NESTING

All broody poultry, geese notwithstanding, must be able to nest in a peaceful, safe spot without risk of interference by other broody females, jealous suitors or predators. Under no circumstances should a broody female share a nest with another broody bird, nor is it a good idea for setting birds to share a shed. Those that share nests tend to steal each other's eggs at every opportunity so that individuals are loath to leave the nest for eating, etc because of the fear their clutch will have been stolen. This can happen with broodies using the same shed, females rolling each other's eggs backwards and forwards between the two nests, with the result that some eggs become chilled. At hatching, both broodies are likely to up and leave unhatched eggs to share the littles and often fight over them. If birds must set in the same shed a temporary pen should be erected about them and one be closed in while the other broody is gently ushered outdoors for victuals and ablu-tion. The process is then reversed.

You can set up temporary but appealing nests by using hay bales and covering with corrugated iron; making A-frames from spare timber or corrugated iron; by placing old 200 litre drums on their side (do anchor them so they cannot roll away); by just leaning and securing



A nest amongst the bushes, well out of reach of meddling poultry owners.

pieces of zincalume or corrugated iron against fences, shed walls or similar. Some people place an old car tyre in these shelters but many geese don't like clambering over and into them, so just straw or dried grass is all that is needed and the goose will fashion the nest to her taste. Some geese will collect twigs, leaves, pieces of rope, etc and build up a high structure, others are lazy and just hollow out the soil. It is customary for the goose to pull down from her breast to line the nest and she usually pulls this over the eggs to maintain warmth when she leaves the nest.

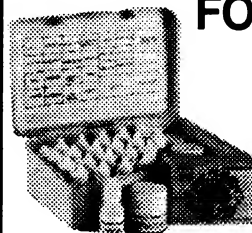
A further concern of our troubled reader was whether the eggs needed to be handled in the nest. It is not obligatory but if there is a large nest full of eggs you will get better results if the unfertile ones are tossed out at

around 14 days, leaving a smaller number for the goose to sit on. Don't forget it is customary for the female to turn and move the eggs around every hour or so, both to ensure the yolk has no chance of adhering to the sides of the shell and also so the outer, possibly cooler, eggs spend time being thoroughly warmed, and vice versa. If you are not in the flush of youth or are a bit stiff in joints do not meddle – you may not be able to avoid the biting and flapping wings of the enraged owners.

The final piece of advice for goose keepers concerns handling the flock. You must catch spare or unwanted birds at some stage so you need to think about how you will manage this. A large fishing net is an asset but is only useful if you get close enough to the birds. A race or yards similar to those used for sheep makes the problem easier on birds and owner and is well worth erecting, even if only temporarily. Most birds would not think of flying out and you can lean over and grab birds where the wings join the body, thus minimising damage to their feet and legs and reducing the possibility of hurting yourself. Crate or shed immediately. Never carry these big birds by their legs or serious injury may occur. You can grab the neck and quickly lift a bird if you are strong enough, but the wing joints offer the soundest method.

Geese are sensitive creatures that rely on bluff to carry them through confrontational situations. As their keepers, you too must create and maintain confident behaviour, even if quaking with fear. Just carrying a bamboo stick will do wonders. Remember, whatever action you take your geese will never forget or forgive.

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# THE AUSSIE MOSSIE

by John Mount, Woodford, Qld.

Being originally from south of the border I was not prepared for the onslaught of the dreaded little vampire-like critters that freely roamed the Brisbane suburbs after dark. Back in the fifties the only protection from the mossie scourge was a huge white fishnet with tiny holes that was draped over one's bed in the fashion of a shroud. This was designed to let the air in and keep the mossies out – though often it worked the other way around! Another idea was to burn mossie coils which often smelt like dried cow dung (which is said to be just as effective!).

Sometimes, when the mossies were in plague proportions, the windows had to be closed tight. Can you imagine those hot summer nights with closed windows and an ancient fan (if you were lucky) that merely circulated and mixed the hot air with the coil fumes.

It was not so many years ago that we thought the only disease that mosquitoes transmitted was malaria, and that was

usually thought to occur only in the far tropical north. Nowadays however, the mossie carries several deadly hitchhikers, namely the Ross River virus, the Barmah Forest virus, Australian encephalitis, and dog heartworm. (Medical science has not totally convinced me that the mossie is incapable of carrying the AIDS virus!). I doubt if the mossie will ever be totally eradicated. Isn't it amazing that those creatures we consider pests are never on the danger list of extinction?

If everyone were to follow a few simple ground rules on the control of potential breeding sites of mosquitoes there would probably be a lot less of these mini Count Draculas around to bother us. For example:

- Ensure that there are no old tyres, plastic containers (even tiny lids and bottle tops) lying around.
- Check for blocked gutters.
- Empty or treat birdbaths, fish ponds, dams, unscreened water tanks, animal and pet drinking water containers, plant

pots, and vases around the home.

- Even certain plants such as bromeliads can harbour the larvae.

- Also, cup-shaped holes in trees (particularly jacarandas) can pose problems, though these can be filled with sand.

To lessen the chance of personal attack consider the following hints:

- Try to screen all doors and windows. For old or difficult windows you can cut enough mesh to cover the window and glue strips of velcro to temporarily keep it in place.

- Avoid going outdoors when mossies are most active, but if you must, wear light-coloured and loose-fitting clothing.

- Use safe user-friendly repellents for yourself and your pets.

- Contact your local council if you suspect severe breeding areas.

- Most important of all, on those hot summer nights it pays to keep your cool; mossies are like heat-seeking missiles and can easily home in on hot sweaty humans and animals.

## DO YOU HAVE A POULTRY PROBLEM?

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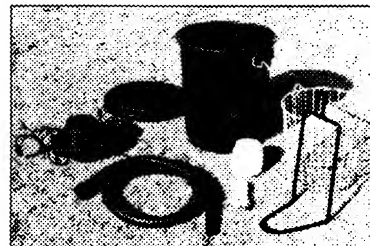
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## BOX-IRONBARK FOREST

Box and ironbark bushland once covered three million hectares of Victoria, today only 15 percent remains and much of this is fragmented and degraded. A mere two percent of the fragmented remainder is in protected parks. Many species in the diverse range of flora and fauna of box-ironbark areas are endangered or vulnerable. Local and regional extinctions are increasingly common. Large-scale firewood cutting and gold mining are recognised as major threats to forest sustainability. Species under threat include the squirrel glider, grey-crowned babbler, regent honeyeater, swift parrot, barking owl and whirrakee wattle.

For more information about box and ironbark forests contact: Victorian National Parks Association, 10 Parliament Place, East Melbourne 3002. Ph: 03-9650-8296.

## GREEN POWER

Over 36,000 people Australia-wide are purchasing green power – electricity generated from renewable resources and delivered through the grid by power companies. Although green power is slightly more expensive, there has been enough response to encourage further investment in renewable generation projects. Wind farm projects are increasingly popular, with several being in various stages of planning or construction throughout Australia. One proposed for the Port Fairy (Victoria) area, for example, will generate sufficient power for about 6000 homes, without creating greenhouse gas emissions.

A biomass power plant is being planned for Corryong (Victoria). The intention is to use waste from timber harvesting, and possibly some domestic garbage, to create steam that will power electricity generating turbines. To make the project economically viable, it is proposed to incorporate a hardwood kiln-drying plant and activated carbon producer.

## HABITAT FRAGMENTATION

Habitat fragmentation is recognised as a major factor in the decline of biodiversity, leading ultimately to species extinctions. A group of prominent Australian

scientists recently made a public statement warning that unsustainable forestry practices, including clear-felling, were continuing to impact negatively on species diversity and that there was evidence of localised extinctions in areas that had been extensively logged.

Another effect of land clearing and habitat fragmentation is to often provide conditions that suit introduced pest species, such as foxes and feral cats, at the expense of the indigenous flora and fauna. Paradoxically, fragmented habitats such as narrow roadside reserves can also encourage the proliferation of aggressive native birds such as noisy miners and cause a consequent reduction in the biodiversity of the area.

Aquatic habitats are not immune from fragmentation either. Land and water degradation are causing loss of diversity and decreasing sizes and populations of native fish species. Domestic and agricultural runoff, clearing of riparian vegetation, livestock access to riparian areas, damming, irrigation, desnagging, loss of mangroves and sea-grass beds are all interfering with breeding cycles and damaging food supplies of aquatic species. One fish species is extinct, four are endangered and another twelve are endangered or vulnerable. Scientists claim that habitat damage is of greater significance in species decline than is recreational fishing.



## TYRE RECYCLING

The CSIRO has announced a new development in rubber recycling that will enable scrap tyres to be re-used in a variety of ways including being incorporated into new tyres, automotive parts, wheels, insulation, roofing materials, and conveyor belts. Previous recycling technology produced a material suited only for use in such products as rubbish bins and computer mouse pads. The new technology allows the crumbs of old tyres to combine with virgin rubber and with plastics.

## GREENHOUSE THEORIES

American agricultural economist, Dennis Avery, writing in *Readers Digest*, predicts a rosy future as a result of global warming. In contrast to most of the dire warnings based on computer modelling, he forecasts a rise in temperature of about one and a half degrees over the next century. He likens this to a similar recent warming experienced between the years AD 900 and 1300, a period known as the 'Medieval Climate Optimum', when food production surged, health improved, trade flourished, fewer floods and droughts were experienced in major agricultural centres, and prosperity led to an 'outpouring of creativity'. He further claims that increased carbon dioxide levels will result in more productive crops and flourishing forests, and that, by a quirk of physics, a modest warming in the polar regions will result in more arctic ice, rather than in massive melting and consequent flooding.

On the other hand, John Kanowski of the Rainforest Co-operative Research Centre is concerned by comparisons with a two-degree global warming that took place between 5000 and 3500 years ago. This rise is thought to have caused a major extinction event in Australia and led remaining marsupials in the mountains of the wet tropics to retreat to smaller mountain-top habitats. These, some of Australia's rarest marsupials, are at risk of extinction if a similar global warming reduces their cool wet forest habitat within the tropics even further. The species particularly referred to are two species of tree kangaroo and five of possums.

Scientists also differ over effects of global warming on the world's coral reefs. One expert has used computer modelling technology to predict more frequent coral bleachings from which some species of corals will be unable to recover, leading to major changes to reef ecology and loss of reef biodiversity. Another reef ecologist cites fossil records indicating that corals have been subject to higher temperatures many times in the past without any catastrophic extinctions occurring.

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### REPELLING GARDEN VISITORS

Thumbing through some back issues at the weekend, I noticed several pleas for help regarding cats causing a nuisance in the garden. I've been bothered by the same problem too, though, thankfully, not at present. There are products out now that my nurseryman guarantees will successfully keep cats off garden beds. One is granular, comprised of natural aromatic oils that repel animals, and this is scattered through the garden and on paths. Apparently it is not harmful to birds or children. The other product makes up into a water-based spray and is sprayed around to achieve a repellent effect. At least one of these is supposed to repel rabbits but I'm not sure about possums. Hope this is helpful to readers.

**Ann Eden**

**WANTIRNA SOUTH 3152.**

### POULTRY FOR SELF-SUFFICIENCY

When we have enough time to stock up again, hopefully about March/April next year, we'll be looking at turkeys and fowls as meat birds. So, my information needs accordingly would be breeds of each suitable for quick weight gain, hopefully coupled with a reasonable egg laying capacity to enable us to set for future use without having to resort to purchasing new stock all the time. I would plan to keep a couple of lovely old clucky chooks to help me with this. The other thing is a good mix for feeding them. We grow our own oats, millet and corn and we have lucerne dust from our hay which we chaff. We can grind the grains to any consistency, if need be. Help on these two main questions would be appreciated.

**Geraldine Dennis**  
**YANGAN 4371.**

*If your aim is to raise poultry for the table, the most economical way is to obtain small lots of commercial chicks or poults and raise them. Their feed conversion and growth rate is so much better than that of old-fashioned breeds and, as they are usually white plumaged, the carcass is more appealing than one that has evidence of*

*dark pin feathers, say from a Bronze turkey. You would access these through the poultry suppliers in the 'Yellow Pages', or ask at the local produce store. There will be a minimum number you must order, and if this is too large you may be able to share the little bits with other locals.*

*This may not be what you had in mind. If you wish to use old-fashioned purebreds, they will be very slow growing by comparison but as a result the meat will have had time to acquire more flavour and you will be in a better position to stagger dispatch. If they go more than a week or so past the advised dispatch time, leg problems inevitably occur because of their fast growth and great weight. With fowls, the favourite farm table bird was achieved by putting an Indian Game rooster over Light Sussex hens. The offspring were easily sexed – all the pullet chicks buff coloured and the cockerel chicks light coloured. You could substitute a Rhode Island Red rooster or Buff Orpington for the Indian. (It must be a 'red' plumaged bird.) The advantage of crossing two different breeds is the hybrid vigour that results and that hastens the growing process.*

*You cannot select separate breeds amongst turkeys; they are considered one breed with separate colour varieties. Of the old-fashioned purebreds, the Bronze is undoubtedly the most suited for the table. Another option is to raise some commercial poults and keep aside several of the females for breeding, putting a Bronze gobbler over them. You should get some of the hardiness and mobility of the Bronze together with the excellent fleshing qualities of the commercial stock. Once more, follow the cross as recommended. A commercial male would be unsuitable for breeding; he may grow to such a size and have such a broad breast he would be incapable of mating naturally.*

*There is a compromise to be made if you want poultry with good fleshing and growing properties – such birds are not usually top layers. Light Sussex, recommended as part of the meat cross, can be obtained with quite reasonable laying ability. You could annually select from your laying flock, leg ringing the hens that lay best and breeding from them, as this quality is quite heritable. It would mean keeping a purebred Light Sussex rooster in addition to the Indian Game, but hopefully this would not be inconvenient. Good roosters can be used for several years and may be put over their daughters, but any further close breeding may result in a loss of productive properties. An added bonus with using Sussex is that they have a well-deserved reputation*

*for brooding and rearing.*

*So what should you feed your birds? You will no doubt want to use the grains you produce, and they can be fed but should form part of the ration, wheat comprising the greater percentage. Both whole oats and corn are difficult for birds to digest and may be excreted whole, so it would be an advantage to crack the maize and dehull or snip the oats. Triticale, barley and sorghum may also be added to a grain mix, include no more than 20% of any of these. Time of killing is less critical than with commercial stocks. Lucerne is suitable as well, but the dust would need to be incorporated into a wet mix of grains or it would be lost.*

### NATURAL FLEA POWDER

Combine a handful of ground pyrethrum flowers, a handful of talcum powder and a handful of crushed, dried pennyroyal leaves. Dust onto your dog's fur. It can be made in larger quantities and stored in a sealed container.

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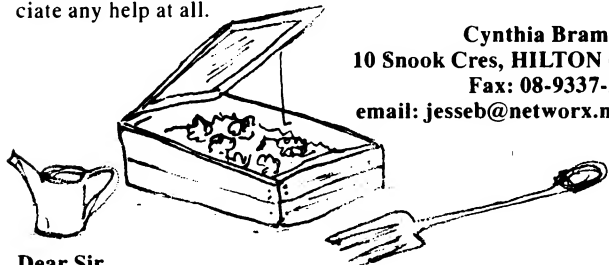
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# FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots Readers,

A group of us are hoping to set up a **MULTIPLE-OCCUPANCY COMMUNITY** in the not-too distant future. We would love to have feedback from those of you who have taken this step, or already live in communities. What works for you? And what doesn't work? What about legal structures? What pitfalls have you encountered and what wins have you had? Can you give us an example of this sort of community that really works? We'd appreciate any help at all.



Cynthia Brampton,  
10 Snook Cres, HILTON 6103.  
Fax: 08-9337-2216,  
email: jesseb@networx.net.au

Dear Sir,

I am looking for plans to make **COLD FRAMES** for plants and vegetables. If you know of any books I could buy on this subject could you please inform me, or any other way of obtaining this information. I would be very grateful.

Cheryl Schinzig  
RMB 550, KOJONUP 6395.

See Noel Carr's idea for a seedling starter in GR 133.

Dear Readers,

I would like some recipes for making various **RHUBARB JAMS**, or other interesting ways of preserving rhubarb in a sweet form. Not pickles, chutneys or relishes. I have tried the recipe for Orange and Rhubarb Jam in GR 120 page 19. If you have a rhubarb crown with good red stems, that is less tart than usual, and you'd like to share it for modest cost plus postage, then let me know.

Are there any readers that are familiar with cooking and/or preserving the perennial squash, **CHILACAYOTE**, as described in Michel and Jude Fanton's, *The Seed Savers Handbook*. I originally bought my seeds from Eden Seeds at Gympie in Qld and grew a couple of vines during the summer of 97/98. I grew them in the same manner as I do pumpkins, and had to hand-pollinate them to ensure fruit. I recently cooked up some of the fruit as a porridge, but it did not soften much with lengthy cooking and was too bitter to eat. The addition of sugar made no noticeable difference to the bitter taste. One vine from the previous season survived over winter and the attentions of the rabbits digging near it, and began to flower and set fruit again in March. The chilacayote stores well and twelve months after harvest the fruit are still in good condition. It would be nice to be able to find a use for them.

People wishing to obtain **FOLKWEAR PATTERNS** may be interested to know that the Taunton Press have sold that division of their business to Altamont Press. The new address is: Folkwear, 67 Broadway, Asheville, NC 28801. Many of the patterns that were previously out of stock are now available again, including the Kinsale Cloak #207. Write to them for a copy of their current catalogue.

If you are interested in finding out more about the potential problems that may occur next year because of difficulties with our computers changing over to a new date, then you might like to chase up a copy of Chris Gilbey's, *How to Survive the Y2K Crisis in Australia*. If you decide to go down the path of getting in a few extra supplies just in case our lines of supply are interrupted, then Keith and Irene Smith's, *Hard Times Handbook*, has a chapter on storing food that you may find useful.

I am interested in piecing together the early life of my father, **DANNY HUNTER**, in Australia. He arrived here around 1950 and died in Darwin in 1995. As a young man he probably tried his hand at most things, including shearing and cane cutting, and travelled from Tasmania up through the eastern states and across the Territory and into WA. He worked on the hydro schemes in both Tasma-

nia and the Snowy Mountains. Other places where he worked include Echuca in Vic, Deniliquin in NSW, Brisbane, Gladstone, Bundaberg, Townsville and the Atherton Tablelands in Qld, and Anthony's Lagoon Station. He operated some port loading device in Port Hedland in WA and spent time at the mines at Wittenoom. He spent more than 30 years living in the Northern Territory and worked on and off for the Roads Department up there operating heavy machinery. He spent time on Groote Eylandt, Borroloola, Tennant Creek, Katherine, the Jabiru uranium mine and settled at Howard Springs in the early 1980s.

He was the sort of bloke you either liked or hated. He had a warped sense of humour and could spin a good yarn and was one for the ladies. For more than 30 years he drove Landrovers, which initially were grey and were later painted a distinctive yellow with a white roof. After cyclone Tracy he also had his own tip-truck. I believe that most of his friends from the old days are dead now, but there would still be some who remember him, warts and all. I'd particularly like to make contact with Slim who married Judy from either Gladstone or Bundaberg and had at least eight children. Also Lol or Lolly and her family, who I think lived around Rapid Creek in Darwin in the 70s and then moved to Perth or thereabouts by the mid 80s and I believe became Mormons or a similar religion. If any of the above rings any bells with you, then I'd love to hear from you.

Anne  
PO Box 46, URALLA 2358.

Dear Readers,

I would like to give my heartfelt thanks to the many GR readers who responded to my mystery illness enquiry (GR 132). Your letters have given me several avenues to pursue (allergies, menopause, stress etc), all of which could be and are interconnected. Thank you all for your advice and encouragement; your help gifts me with new hope, and a boost in my faith in human nature!

A Forbutt,  
BATEMANS BAY 2536.

Dear GR,

Just a letter to thank everyone who wrote to me and Nae. We had a little letter in GR 12? something or other. Am still enjoying reading such a wonderful mag. I've got to apologise to a couple of people who I haven't as yet answered - sorry, really I am. I moved at the end of January and I still have four dreadful boxes that refuse to be unpacked - photos, papers, letters, all that sort of stuff - and not a single one of those boxes is actually full! Ridiculous.

Anyway, I'd love to hear from you again, it's just, maybe you could write again? (I know, slack on my part, but I do want contact.)

Can someone tell me about Roundup? Is it okay to use? I've got a lot of plans and very little help - Danae tries to be very helpful, but there is only so much an almost-three, little person can do.

I'm having fun down here on my little bit of *huge* backyard. It's so much fun. I'll tell you more next time the urge to write hits.

PS Old address was 176-28 Native Way, Moruya Heads.

Trina & Nae,  
155 Vulcan St, Moruya NSW 2537.

Dear Grass Roots,

My daughter has given me a Christmas present of a subscription to *Grass Roots* for the last two years and I would say they have been one of the best presents I've received. Basic down-to-earth real people telling it as it is. Some of the articles bring a tear to the eye when you read about others pursuing their dreams - some failing and some winning. It makes one realise that we as humans are all pretty much the same.

An article I would like to follow up on is on the **FIXED-SAIL WINDMILL** page 55, GR No 125, Feb/Mar 98. I would very much like to get some feedback from any GR readers who have constructed such a windmill or know of someone who has.

TJ Power,  
PO Box 377, SMITHFIELD 4878.



# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I would just like to say I love GR and can't wait for the next issue. I would like to know if anybody makes their own **POULTRY FEEDERS** and would like to pass on their instructions to construct them. If anybody wants to share tips or tricks regarding poultry, please drop me a line. Keep up the good work GR.

Ashley Shields,

74 Allwood Pde, Oyster Harbour, ALBANY, 6330.

*There is an article about a homemade poultry feeder in GR 134.*



## Dear Grass Roots,

As GR readers are so resourceful, I thought someone may have some ideas for low-cost gifts. I would prefer gifts that can be bought rather than made, as I am only minimally gifted in making things.

I would also be interested in any readers who have knowledge of **PROLACTINOMAS**. I have had a prolactinoma for eight years and I believe it is a fairly rare tumour. Hearing of other peoples' experiences would be interesting. It is very easy to treat and manage, but very rarely heals of its own accord. I have had a child whilst on medication for this condition. I reluctantly continued the medication (Bromocriptine) during pregnancy, luckily to no ill effect. Am now on a new drug (once a week) called Cabergoline, but there is very little available data on this drug. Do any readers have information?

Linda Kendall (GR135),

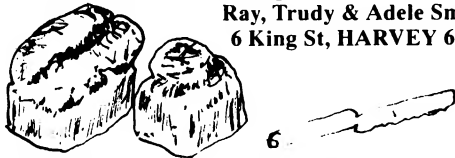
C/- PO Box 117, SEYMOUR 3661.

## Dear Megg & Co,

What a fabulous surprise to see our article in GR 132 (Travelling Trio), a sincere thank you to you all. I am writing to let you and your readers know we are renting at this address whilst looking here in the south-west of WA for our piece of paradise. If anyone would like any other information, we would be only too pleased to help.

If anyone has any **GLUTEN AND YEAST FREE RECIPES**, I would be very pleased as I have allergies and the commercial breads are quite expensive. I have a couple from White Wings if anyone else would like them, not bread though.

Ray, Trudy & Adele Smith,  
6 King St, HARVEY 6220.



## Dear GR,

Finally got up courage to write. I enjoy reading Feedback. Moved from the bush three years ago to a small town to give my two teenagers a chance of finding work. Well, my daughter has done real well with work, my son is another story. Now it is my turn, and my dream is to **TRAVEL GYPSY STYLE**, with wagon/horses. If anyone has done this type of travelling, I would love to hear all about the pros/cons of travelling this way.

Berys Spencer,

9 William St, IMBIL 4570.

## Dear GR & Readers,

I have loved reading your magazine for the last fourteen years and am always keenly waiting for the new issue. Budget permitting, I'll buy it, otherwise I borrow it from the library. It has given me hope and encouragement with lots of useful, alternative information. It is inspiring to see so many alternative, diverse and talented people out there.

After many years of deliberation, my family and I are leaving Sydney and moving up the coast at the end of the year. It's a little scary for us all, leaving behind family, friends, good schools, a successful electrical contracting business and our home of 15 years, but the vision and the dream has been strong within us and we must act now. Initially, we will be staying with my mum in

Queensland while we are looking for our own piece of paradise. It's going to be excellent being with Mum again, so she can enjoy and help teach my children.

My three active, beautiful children – Dan 14, Justin 12 and Sara 7 – are a little anxious about leaving their school and friends, so I can only assure them that new friends are waiting with adventures abounding. All of them love and participate in music, drama and sports and want to continue when we move.

Aldo my hubby is an electrician/handyman. We will slowly build ourselves an energy efficient, solar/generator powered home on our land. I am an organic gardener who is very keen to start up a big veggie patch and fruit tree orchard. When I have the time I create and build lead light and stained glass windows and ornaments. My present home is full of them and I hope to fill up my new home with coloured glass as well.

Ideally, we would love to be part of a friendly, active community, with good, positive attitudes and schools. We all get energised from the surf so we would like to be within 30 minutes of the ocean.

I don't really know where to start packing for such a mammoth move. My first concern was to write to GR to get in contact with other people who have made the move from city to country, between **NAMBUCCA HEADS NSW & SUNSHINE COAST**. Have you found a **NICE TOWN, WITH A SUPPORTIVE COMMUNITY** and excellent schools? If so, please drop us a line and let us know. Your time in writing would be much appreciated.

Aldo & Karen Schepis

6 Plant St, CARLTON 2218.

## Dear Readers,

How would you feel if a friend's child was taken from them? Concerned? If you have lived close to animals, as I have, then you will know the bonding that takes place between a horse and foal, dog and pups, cat and kittens, and cow and calf – all creatures in fact. A calf will generally be nourished far better by its mother's milk than by any other means – obtaining the natural immunities from the cow. It also responds emotionally to the licking (grooming) and love it receives by the constant attention of its mother. This is the best start in life it can have.

Scientists have now 'discovered' that all **ANIMALS HAVE EMOTIONS** and, depending on personality, express grief over loss, as evidenced by the dog Maria as told by Megg Miller (GR 132). I was saddened by the picture in that issue of the calf fenced off from its mother.

TE Davey,

11 Terrace St, NEW BRIGHTON NSW.

## Dear GR Readers,

I have been saving seeds from my garden and around the farm since doing a permaculture design course early last year. Consequently, I have these **SEEDS TO GIVE AWAY**. Please send a large self-addressed envelope with \$2 postage stamps:

Annual stock, Asian chives, cimmarron lucerne, carrot, beetroot, butternut pumpkin, lettuce, watermelon, pink hollyhock, snake beans, giant Russian sunflower, large hot chilli, green capsicum, fennel, parsnip, coltsfoot, silver beet (green), artichoke, green orach – leaf veggie, cowpea, French marigold, salvia – blue sage, marvel of Peru, okra, dwarf beans, pink balsam, small headed sunflower, golden nugget pumpkin. Also the following WA natives: *Clematis pubescens* – climber, native hibiscus, *Hakea laurina*, *Pittosporum phillyreoides*, sedge, *Grevillea plurajuga*. I also have some mixed dahlia tubers and Jerusalem artichokes.

If any readers have seeds of these trees, I'd be most grateful: hawthorns (*Pachyrrhizus erasus*, *P. tuberosus*), thornless honey locust (*Gleditsia triacanthos inermis*), ice cream bean (*Inga edulis*), oak (*Quercus suber*), persimmon (*Diospyros virginiana*), *Paulownia fargesii*, quinoa (*Chenopodium quinoa*), siberian pea shrub (*Caragana arborescens*), henna, also the walking stick cabbage.

Jenny Morcombe,

PO Box 28, SCADDAN 6447.

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots Readers,

We have lived in this mining town for some years and it is our hope and dream to sell here and move to a two hundred acre block. For the past year my partner and I have been toying with the idea of **FARMING FERAL GOATS**. We would like to hear from any people who have been successful in this area of farming. We do readily admit that we don't know enough, as yet, on the subject of feral goats, but would appreciate any advice, information or general help people who are in the know on the breeding and caring of these animals might share with us. We would like to hear about the negative side as well as the positive points. Thanks to anyone who can help.

**Liz & Bill,  
PO Box 2239, MT ISA 4825.**



## Dear GRs,

We have been looking at **PURCHASING FARMLAND** for the past 12 months, anything from 64 acres to 165 acres. Of course price dictates the purchase and so does the sale of the suburban home on 2 1/2 acres. Our ages are 40 and 50, is this leaving things a bit late, having never farmed before? We have planted over 70 trees (native and fruit) where we are now, have a veggie garden which is as close to organic as possible. Chooks are out of the question because of the dog and cats. I think something has to change! Can anyone out there in GR land suggest a good starting amount of acres? Or maybe we should just hold our breath and go for the plunge. Our main aim is to be totally self-sufficient, if that's possible. Currently, we have 11 sheep (mixed lot) hoping for lambs in July. We want to run sheep for meat. Have read a couple of books on sheep care, but need to know are there any natural remedies for drenching, lice, footrot baths, sheep dips etc? Yet to learn how to grab hold of the critters without hurting them or us. Also, is there an organic fertiliser for the paddocks? Last year we used lime and a couple of weeks later Nitragrade (I think that's what you call it). The grass did all right, but we would prefer organic.

We are only recent subscribers to your great magazine, but have always been veggie growers and tree planters, and dearly want to go bush. Hopefully someone can suggest ideas for the above. Keep up the good work!

**Stephen Braun & Marilyn Mangione  
28 Geraldine Dve, HAMPTON PARK 3976.**

## Dear Friends,

Thank you so much for the incredible response to my previous letter (GR 131), will keep you informed via Feedback and meantime I am answering each letter. Please understand that will take quite a while. To those who forwarded names and addresses, many grateful thanks.

Time for payback. Have had great relief from **HOT, STINGING LEGS AND FEET** with a vitamin E cream (moisturiser). I added extra vitamin E from capsules – about 10 per 250 grams of cream.

Ladies on the pill/HRT. Please arm yourselves with a copy of Sellman's, *Hormone Heresay* (published by Get Well International), ISBN 0-646-29565-9, cost about \$20. Whew, what an eye-opener.

In an effort to 'cancer proof' what time I have left on the planet abounding with carcinogens I have joined many folk discarding products containing Xeno-oestrogens, sodium laurel and laureth sulfates etc. Drop a line for more info there.

**Kay Edwards,  
2/1 Stedman St, BUNDABERG 4670.**

## Dear Megg, GR Staff & Readers,

After subscribing to GR for six years, I was ashamed to realise today that I hadn't written to thank everybody who contributes, for the amazingly diverse range of topics so expertly covered in every issue. Even though my husband and I and two daughters (20 & 23) live in suburbia, we all constantly reread and refer back to GR with all its handy hints.

We have the greatest admiration for all the readers living on acreages and coping so well with livestock, crops, ravaging pests and inclement weather. I am neither a handyperson nor a successful gardener, but thought the following information may help any reader who has **COELIAC DISEASE** (as I have).

I have discovered a very nutritious Australian-grown grain, called **AMARANTH** which I now have for breakfast as a porridge, but it has other cooking uses. My local health food shop sells it.

The manufacturer's name is **MICRONIZED FOODS**, 15 Catalina Drive, Tullamarine 3043, ph: 03-9338-3911. They state it is free of additives or chemical preservatives, so I hope it may help someone else, as its protein quality is better than soya beans.

Has anybody got an out of print book called *The Herbal Pocket Prescriber*, by Arthur Barker, 1932 edition? I have tried extensive Internet searches, dealers, markets etc. I will answer all letters regarding it.

**Barbara Herrmann,  
1/49 Holloway Street, CARNEGIE 3163.**

## Dear Editor,

My first letter is to say no wonder you have 'clocked up' 25 years. Your mag is a cover-to-cover read! Is there anyone out there who has had any experience with **EMPHYSEMA**? Also, has anyone had success with the **PRITIKIN DIET**? Will answer all letters.



**D L Harrold,  
51 Lock Park Rd, TRARALGON 3844.**

## Dear Grass Rooters,

Re: **ELIMINATING HEAD LICE**, by Vicki Judd, GR 131. When I read this article I felt I was reading about ourselves, except it was my daughters affected. When I was at school only the dirty kids had nits. Now it is a way of life for most people, especially in the hot, humid areas. We tried everything herborally and chemically, and frankly, people wouldn't treat their dogs, let alone their kids, with the chemical shampoos. In desperation, we contacted our health service. They were very helpful and sympathetic. As it happened, they had just received a comb that claimed to eradicate head lice and we could trial it for them. We picked up the comb and started using it and all our worries disappeared immediately. The comb is similar to the nit combs except it has a small microchip in it and runs on a single AA (1.5V) battery. We comb our hair in the morning and evening and if any lice or eggs are present they are electrocuted before they have a chance to breed. It is completely harmless and the kids think it's fun when the buzz stops and a nit is zapped. The cost of this comb is \$60, and it can be ordered in by your local chemist. The distributor is Tolife Electronics, 14 Casino Street, Welshpool, 6106. This may seem expensive, but when you add up the costs of shampoos over time it's cheap, and no more head lice worries.

**Lyn Richardson,  
NSW.**

## Dear Grass Roots,

I have been reading the magazine for 20 years. Letters in Feedback are to me as if from my own family, the closeness is unreal. Are there people around **WARRAGUL, VICTORIA** who love *Grass Roots* the way I do? I would love to be in touch. I am a grandmother but would like to be in touch with a farming family or single male or female.

**Mary Le Broeg,  
Latrobe St, WARRAGUL 3820.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# Index Nos 129-134

Each year in the October/November issue we print an index to the previous six issues to help readers access information in past issues. If you have missed out on any information contained in this index, back copies are available for \$4 each. See details of how to order on page 82.

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# FEEDBACK LINK-UP FEEDBACK

Dear Megg,

In reply to a query by Lisa Levine in GR 133 on different types of **WATER TANKS** available, I too would like information from 'scientific' people on chemical leaching. My thoughts at the moment are to stay clear of fibreglass and plastic. Iron would not leach very much, but concrete, being made from natural materials, would seem to be the best. Have everyone in NSW not on sewerage, received their sewerage management plans yet? If you do not like this legislation then write to your State Member and tell them so. Councils do not want to enforce this unpopular act anymore than most of us want it.

**Dave Crawford,**

78 Waratah Rd, MANGROVE MOUNTAIN 2250.

Dear People Who Make Grass Roots Magazine Happen,

For many years I have read this magazine and it has been a learning curve of great proportion. So thank you indeed. It is truly 'Ave a go mate' in the best tradition. Would anyone know where I can buy *Lik Lik Buk*, edited by P R Hale and B D Williams of Lik Lik Buk Information Centre, Papua New Guinea? My letter to them was never answered. Also, what is the waiting time of or from the USA if a person wanted to buy from Publications Service, 3706 Rhode Island Avenue, Mt Ranier, Maryland 20822, USA? Is this address for the *Mother Earth News* magazine, of P O Box 70, Hendersonville, North Carolina 28739, USA still a goer?

We have a very temperamental Yanmar diesel that has gone for 25 years with wonderful Australian adjectives to assist it starting. Carbon gets stuck under springs so off comes the top, wiggle, wiggle, ah I've got the compression, on goes the cover and away we go. It's addicted to Aero Start in a big way. One day I'll find a 5 HP Southern Cross. My last one was pinched, plus other items. The old bedraggled Yanmar goes on despite the name calling.

Don't have TV. There's enough road kills without having to view it 365 days of any year. The radio is appreciated but the ABC no longer has plays of humour in the evening. Boy, does one get tired of 'experts' who natter on and on and on. So all in all there's laughter and much discussion amongst the family when we see them, no more phone calls now, it's too easy. The bother of sitting and writing a letter of thoughts, humour and help, ah that's *Grass Roots*. Please send your letter to Feedback. Megg, Mary and crew you are wonderful.

**Trisha**

C/- PO Box 117, SEYMOUR 3661

Hello Grass Rooters,

What a great magazine? We believe each and every one of you out there contribute a lot to each issue without even knowing it. Thank you. As newcomers to this wonderful experience we all call organic harmony, I can only wish you all peace and happiness in your travels. When society puts so many strains on our personal thoughts, we appreciate the things people of like-minded traditions accomplish. May I introduce ourselves as Helen, John and Hannah-Rose. About four months ago a long dream became reality for us. We bought an ideal (I do dream still) location of 7½ acres with home and a NE sloping aspect. The frost will be here soon so we have lots of work to do, but guess what? We need everything! We are both keen disciples of the permaculture concept and incorporate the ethics in everything we can. This is our reason for writing: We have faith someone living close by will help our crusade and help us. We are in great need of any **ORGANIC NONHYBRID SEEDS, CUTTINGS** (we will do them), wire, gates, timbers, stock – you get the idea? Do any permissives out there want to share their experience of guilds to suit the subtropics? We are still doing the planning for a lot of the area, so any advice on fruit guilds, bio-dynamics, companion planting, growers contacts, anything you may feel is helpful will be greatly and diversely used.

**Helen,**

Lot 4, Goldhill Rd, CEDAR POCKET, 4570.

Dear Grass Roots,

Several months ago we moved into a small home on 1.394 hectares (approx 3½ acres) and we have been avid readers of *Grass*

*Roots* magazine ever since. Enthusiasm bubbles over for self-sufficiency! However, a programme on the ABC recently, has left us in doubt about the financial viability of our self-sufficiency plans. The Landline team with the ABC interviewed farmers in New Zealand to obtain their opinion on the new tax system. The GST in New Zealand applies to any farm animals butchered by the farmers for their own personal use. This raises the question re produce raised or grown by self-sufficient individuals like ourselves. Does the **FUTI** GST in Australia apply to produce either grown or raised by self-sufficient individuals like ourselves?

**Clare Hay,**

C/- PO Box 117, SEYMOUR 3661.



Dear Grass Roots friends,

With all the rain we've been having lately and the soil here starting to get richer from regular mulching, motivation has returned (after being buried in despair for 3½ years) to get right back into the gardening again. My sincere apologies to the Seed Savers Network and the rare poultry breeders I was involved with, but I felt my children's and my safety had priority. It's a long hard haul, as many of you know, to start life again from scratch at the age of 40, but changes can sometimes bring peace in the long run.

I've already planted sugar cane. (Anyone want some!? It's going berserk.) Taro, sweet potato, bananas, pawpaw, passion fruit, basil, and the pumpkins are starting to set and grow. But today I've just finished preparing another ornamental bed and planted it out. It will be interesting to see what grows and flowers and what doesn't.

While doing some unpacking the other day, I found some things belonging to a long-lost GR friend, Mary Bennett, where are you?

**Jenny Smith,**

22 Loane Cres, LAWNTON 4501.

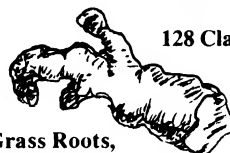
Dear GR Readers,

I wonder if you can help? My partner Judy and I moved to Australia at the end of 1998, having finally been granted residency after a lengthy and expensive process. I'm a qualified botanist and ecologist and Judy an artist as well as a stage lighting technician. For the previous thirteen years, I worked full-time from the UK as a campaigner and fund-raiser for **INTERNATIONAL ENVIRONMENTAL PROJECTS**. We've 'landed' in Melbourne, because we believed it easier to establish a living in a city. This is the first time I've lived in a city for fifteen years and while I'm now working full-time on environmental projects for state and local government, we're both 'bush' folk and are going quietly crazy and desperate for open skies and clean air. However, we haven't a pot of money (sadly environmental work isn't generally well paid). Nonetheless, we're desperate to begin to establish connection with this land. We're both very resourceful and have very diverse skills. Is there anyone out there prepared to rent us a piece of land – maybe a few acres at the corner of a property with a water supply – and with the potential to buy the area at some indefinite stage in the future, or simply to give us sufficient security of tenure that we can – at long last – plan for the future and plant trees? All sorts of arrangements considered – and new ideas are always welcome!

**Mike Read,**

128 Clauscen St, FITZROY NORTH 3068.

email: [mike\\_read@hotmail.com](mailto:mike_read@hotmail.com)



Dear Grass Roots,

Does anyone out there have a recipe for **CRYSTALLISING GINGER**? Also, would any readers know how to **MAKE AN ESKY** out of a coolite box using fibreglass, or know of a book on the subject?

**Marlene Holmes**

22 School Ln, EMERALD 4720.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I have only just discovered your wonderful magazine and wish I had found it earlier. I am trying to establish a vegie garden (I am on one acre of land) and am unsure what **GROWS BEST** in the **COOLER WETTER CLIMATE**. I live roughly halfway between Adelaide and Melbourne.

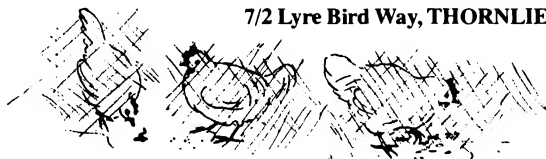
I have three beautiful children aged 4, 3 and 6 months, and my interests are needlework, cooking, gardening, learning about getting back to basics, and I love writing and receiving letters. Also, if anyone has any medicinal uses for lemon verbena, lavender, thyme, chamomile and any others I would love to hear them. Keep up the great magazine and I'm looking forward to hearing from you. I will answer all letters.

**Jay Treacey**  
**PO Box 227, GLENCOE 5291.**

Hi,

Re GR 132, Feedback, page 38, Jill Reeve, Auckland NZ re: Zane & Jane of West Woombya – travelling with kids. **RAC** also put out a small booklet telling you where you can take your dog. Use in conjunction with the **RAC Hotel, Motel, Caravans and Camping Guide**.

**ML McConville,**  
**7/2 Lyre Bird Way, THORNIE 6108.**



## Dear Grass Roots,

I have written this **LETTER TO A BATTERY HEN** and wonder if you will put it in *Grass Roots* magazine. I'm sure somebody out there will share it with any battery hens they may know. At least those in sympathy with these persecuted creatures may draw comfort and encouragement from the sentiments therein.

Battery hen, O Battery hen, I wonder how you're feeling. You're born – you die, with roof above, and never know the sky's your ceiling. You long to scratch, you don't know why: to scratch for worms – to roll and lie in good brown earth which is your bed. How do you feel, living in a shed?

You get your food – you get your drink; what you don't get, is time to think – nor space to stretch – to run – to fly.

Now you speak and question why? Why does man do this to you? You ask me why – I thought you knew!

You don't fight back – nor peck nor scratch. You thought this cage your God-given patch. O no! Dear chook, dear little hen. This life was decreed by greedy men.

**Bettie Christion,**  
**139 Princes Hwy, BAIRNSDALE 3875.**

## Dear GRs,

Bob Magnus's article is excellent and highlights the problems of self-sufficiency. I've found it's easy growing trees; preventing the produce from being decimated by the freeloaders is difficult. Some trees can't be espaliered, growing much too large: lychees, mangos, loquats and such like, and are very difficult to net securely. He also points out that a pretty garden is a fantasy to those growing some of their own food. Many of our friends and relatives have become disheartened feeling it's too much effort for too little return. This is why strategies for increasing yields are so important. Of course, in the case of fruit bats, it's largely our own fault as excessive log clearing has forced them to raid orchards (one farmer's gain is another one's loss).

**Alan Stewart**  
**12 Weymouth Pl, ALEXANDRA HILLS 4161.**

## Dear Grass Rooters,

Finally, escape from Alcatraz! Perth that is. Destination, the eastern coast, Dec 99. After years of deliberating, myself 40 and girlfriend 32, and our daughter 3 have finally succumbed to the relentless sun, sand, wind, and continuing water shortages. A longing for a simpler semi-self-sufficient life in an abundant natural environment close to

prospects of working have led us to the Newcastle/Lake Macquarie area. We both work in the community/health services area helping those less fortunate than ourselves. We hope to continue this. A genuine offer of friendship would be warmly appreciated and reciprocated with any other down-to earth folk in the above-mentioned area.

**Christopher, Ann, Jennifer,**  
**53 Boronia St, INNALOO 6018.**

## Dear GR Readers,

When we need information, who do we turn to? Yep, you guessed it, GR readers. Everyone is so helpful. Well, once again I require help. I recently came across an article by Hulga Clarke talking about a **LIVER CLEANSE**. This is quite a different cleanse – it doesn't involve diets for weeks or months, it takes place overnight with olive oil, grapefruit juice and Epsom salts. All this brings about diarrhoea with lots of green hard stones which she believes comes from the liver. She states that you need to clean out a total of 2000 stones approximately, to permanently rid you of allergies. Your liver will be clean. I suppose I'm writing to see if anyone has heard of it and does it work? I have allergies and would love to be rid of them. Also do desensitisation drops work?

**Mrs R Bailey,**  
**7 Serenity Dve, MARYBOROUGH 4650.**

*Yuk! You wouldn't believe the reaction this letter caused in the office. Although this sounds nicer than the gallbladder cleanse which is olive oil and lemon juice!*



## Dear Fellow Adventurers,

I am impressed with GR readers' wealth of knowledge which impels me to put pen to paper. I am selling up and soon to retire. I'm thinking of **TRAVELLING AUSTRALIA**. Letters in GR 132 have already given me snippets of good information. I would love to hear from any readers who feel they have anything of value for me. Consider me a greenhorn. Questions such as: What type of vehicle is best? Camper van verses caravan, etc, etc. Can a woman do it alone, or is it best to travel with others? What is baggage and what is essential? Just anything you know folks.

**Yvonne Everingham**  
**180 Hume Hwy, MITTAGONG 2575.**

## Dear Grass Roots,

How wonderful, you published my letter. However, I'm a silly billy, my address was incomplete. I do hope if you've written and not received an answer you will try again.

**Alexandra Fox**  
**42 Gray St, Forest Hill, WAGGA WAGGA 2651.**

## Dear Megg & Mary,

I have just read Margaret Gibbs' of Euroa's request for info on **EXTRACTING OIL** from olives and then lavender and roses. I would be very grateful to receive the information also. Indeed, would the info be of interest to other readers? I remember in the same issue someone turning to the quieter life and that planting olive trees was on the agenda. In this day and age where cholesterol is an issue and the realisation that cold-pressed olive oil is as good as it gets, might growing olive trees be the next step on the self-sufficiency list? Especially as oil is full of vitamin A.

**Donna Growcock,**  
**11 Mackay Cres, KAMBAH ACT 2902.**  
**email: GROWCOCK\_D@casa.gov.au**

*Yes, we think this information would be welcomed by many and we'd like to hear from anyone with first-hand experience of home oil extraction.*

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Re the query regarding **SOFTENING TOENAILS**, GR 131. I soak my feet in water for 10 minutes or so and this softens the nails enough for me to cut two to five in the normal fashion. After doing this, and while the big toenails are still slightly soft from the soaking, I fold up two tissues so they just cover the nails and saturate them with apple cider vinegar. I cut two bits of plastic from a shopping bag and wrap them over each tissue toe, fastening in place with a couple of elastic bands looped round (not too tight). The plastic cover stops the vinegar dripping everywhere and keeps the tissue in contact with the toenail. Then I put shoes or slippers on and go on with normal activities. After an hour or two, I unwrap all this and cut the softened nails.

Joy Stone,  
RSD 5256A, HEATHCOTE 3523.

Dear GR,

I have been a long-time reader of your magazine and find it marvellous! Each and every issue has something useful or crafty I can put to good use. Much more of an inspiration than some of the modern magazines floating around!

I am hoping someone can give me information on **CAMELS** and their benefits as a small sideline or hobby venture. I have looked around a lot but can't seem to locate much on them. Would love to get in contact with some like-minded people to share knowledge/experiences. Has anyone out there – unemployed (I am at the moment) – managed to make a go of things in their own small venture, and beat the statistics? Write and let me know please!

Last of all – cactus. **I COLLECT CACTUS**, and am after seeds, plants or cuttings/whatever of rare and unusual types. Will pay all costs and postage. I would be very grateful for any help at all in these matters.



Katy Lowton,  
C/- PO Box 117, SEYMOUR 3660.

Dear GRs,

I'm moving to Oz, with my Aussie wife, from the US this December. Will be building a **SOLAR/WIND/AND/OR WATER POWERED HOME** in the Blues, Snowies, or Tassie, once we find the land we want. Looking for design help and equipment. Is it all available in Oz? Wind as well? Can it be obtained/used? Generators and batteries also? Do you have info?

Jeffe Aronson,  
PO Box 816, FLAGSTAFF, AZ 86002 USA.  
email: [Jeffre & Carrie Aronson<jeffe\\_carrie@hotmail.com>](mailto:Jeffre & Carrie Aronson<jeffe_carrie@hotmail.com>)

*You should have no difficulty accessing information and products relevant to alternative energies in Australia by contacting Going Solar, 322 Victoria Street, North Melbourne Vic 3051, they will be able to answer your questions. Email: [www.green.net.au/goingsolar](http://www.green.net.au/goingsolar)*

Dear Editor,

I have been treating fleas on my dogs for years – it's a lot easier than washing the dogs. I use Rawleighs Foot Powder. You rub it on the dog and the powder kills the fleas. You sprinkle it around the kennels too.

Verona McGufficke,  
1 Namoi St, COOMA NORTH 2630.

Dear Megg & GR Team,

The series you ran on people writing in to say what was special about their area, was special in itself – thanks to all concerned. Some of these articles gave clues to cheap holidays in out of the way places such as Marion Bay in GR 132. So I have been wondering if perhaps you could run articles by people who live near/know of wonderful holiday places and activities that many of us may never experience simply because we don't know they exist. For example, in

Healesville there is a short walk by the aquaduct from Donnelly's Weir that must be one of the most beautiful walks anywhere, yet few people know of it. It's a highlight of a stay in Healesville. It would be good to know of caravan parks in unique settings, even special eateries etc. (Healesville has a fabulous pasta shop.) Thanks to you for the greatest magazine that puts beautiful people in contact with each other.

Yvonne Clarke,  
9 Heidelberg Crt, HEALESVILLE 3777.

*Great idea Yvonne. We'd love to hear about those special places for GR outings/holidays.*



Dear GR Readers,

Great magazine, bringing like-minded souls together. To Lynette Johnston of Goulburn: I remember a simple method of **MAKING PAPER LOGS** for the open fire. The newspaper was torn into strips approximately 25 cm wide, wet by placing in a dish of water, then wrapped around a broom handle. When about 100 mm or 125 mm diameter, the 'log' would be slipped off the broom handle and left to dry – shrinking tighter. The hole up the centre aided burning. The broom handle may have been oiled (can't remember). I don't know about shredded paper. Could it be pulped and pushed into a mould such as 100 mm PVC pipe 25 cm long? Because it shrinks as it dries it should remove easily.

To Joan from Euroa: An old bushie's method of **DISCOURAGING ANTS** was to throw a chaff bag (any hessian bag would do, or carpet etc) over the nest, then keep the bag wet using grey water. This apparently upsets the atmosphere inside the nest – it may introduce fungus and/or interfere with their egg nursery. They usually give up and move on.

Grass Rooters travelling through Karuah are welcome to drop in for a chat and a cuppa, phone 02-4997-5189. I enjoy company, but don't come pushing ideologies please. Permaculture, art, philosophy, reading, writing, any creative pursuits are my interests. Love to exchange knowledge with fellow planners of the future.

To Peter Harry, GR 132, about three years ago, sharing the same concerns as you regarding the cutting of tops off drums and the welding of petrol tanks, I wrote to GR about a young man in the RAAF who had his nose, ears and eyebrows melted off and his lips fused together in a petrol tank explosion (his mouth was a round hole). Out of consideration for his fiancée he refused to marry her. Ten years of operations had weakened his heart by 50 years – at age 29, he committed suicide. A naked flame should not be placed anywhere near any container that has held flammable or explosive matter.

Explosions exit at a container's weakest place, which is where welding or cutting is occurring – decapitations are not uncommon.

As you wrote, petrol impregnates the metal's grains, requiring damp heat (steam) to expand and expel fumes. The petrol tank should be removed from the car, the tank or drum positioned so the outlet is uppermost, inlet and outlet opened, and steam under pressure passed through the container for a minimum of two hours, then ventilated for 24 hours, prior to welding or cutting.

I suggest checking with the Department of Industrial Relations. Also, most welding supply companies have booklets on all aspects of welding safety. In the welding business your first mistake may be your last.

Kel Connell,  
C/- PO KARUAH 2324.

Dear GR Readers,

I contracted **ROSS RIVER FEVER** 2½ years ago and have never regained the energy I had before. So please, readers that have had Ross River fever, could you tell me how long I can expect to be like this and is there anything I can do to help myself? Any information will be gratefully received.

Rhonda Vloedmans,  
Third St, AYTON via COOKTOWN 4871.



# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

I have been an avid reader of this wonderful magazine for 10 years. I don't think any other alternative lifestyle magazine comes up to your standard. Congratulations on your hard work. Congratulations to the readers of your great magazine as well for supporting this venture. Everybody makes it happen. I am looking for a **WATER DISTILLATION UNIT**, so if someone has one that they are not using and it still works then please write to me. Also, I have back copies of *Grass Roots* I would like to exchange for any ideas or information.

Lily Kauler,  
22 Regatta Dve, EDGEWATER 6027

## Dear Megg and Mary,

The Northern Adelaide and Barossa Catchment Water Management Board are currently developing the first **CATCHMENT WATER MANAGEMENT PLAN** for residential, industrial and open space areas of the Barossa Valley, the Northern Adelaide Plains, to as far south as the Port Adelaide Enfield district, including the Gawler River, the North and South Para Rivers, the Helps Road, Little Para, Dry Creek and Barker Inlet catchment areas.

The Board recently held a series of consultational workshops to enable key interest groups (including Trees for Life, National Parks and Wildlife Service, Waterwatch, Friends of Cobblers Creek etc) and community members/local residents to contribute to the catchment plan. Attendees identified the most important and urgent issues for these areas and generated possible solutions, which are achievable and effective in the short term. Issues discussed included: water quality, sustainable usage, the impact of imported water, urban run-off and development, flooding etc. The Board will be holding another series of workshops. Dates, times and venues are available from: The Northern Adelaide and Barossa Catchment Board, 59 Commercial Road, Salisbury SA 5108. Ph: 08-8285 2033, fax: 08-8285-2133. Email: nab.office@cwmb.sa.gov.au

I was initially reserved about attending. What could I offer? I was pleasantly surprised to find that I was able to help shape my local water catchment plan, and I found the workshop informative, encouraging and nonthreatening. I hope to see you at a future workshop.

Allison Miller,  
73 KESTERS ROAD, PARAHILLS WEST, SA 5096.

## Dear Grass Roots,

We are intending to set up a **NONPROFIT LIVE-IN COMMUNITY** based on part share of the property and its development, with communal facilities, ie common building for kitchen, laundry, dining and recreation, but with separate bedroom buildings. This will not be an independent multiple occupancy development, but will be based on sharing of facilities, costs and work.

We are all interested in hearing from anyone who has set up, or knows of a similar project, for advice in how they set up their group. We are interested in all aspects, but in particular in the legal and administrative arrangements that were used. We wish to learn from others mistakes and successes in similar schemes. Please contact Michael or Geoff on ph: 02-4683-1581, fax: 02-4681-9950.

Michael and Geoff  
P O BOX EEE, TAHMOOR, NSW 2573.



## Dear Readers,

I planted **CALENDULAS** several years ago and they went forth and multiplied and multiplied and multiplied, providing me with year-round colour and an abundance of seeds. If any reader would like some please send an SAE and I will gladly share them.

Does anyone have a recipe for spaghetti sauce which could be made in the same way as relish or chutney with a similar storage life? I use my homemade chutney to make spaghetti, but it would

be nice to have one to use straight from the jar on busy days.

Sandra Evans,  
RMB 6110, TRARALGON 3844.

## Dear GR Readers,

I make this appeal to all plant lovers, gardeners and compulsive seed savers. Firstly, I'm searching for three plants, the **LETTUCE TREE** (not to be confused with tree lettuce), *Pisonia alba*, family Nyctaginaceae. This tree has bright lettuce coloured leaves, which are shaped like an elongated heart. They are supremely edible, raw or cooked! It is apparently widespread in the Philippines – with especially noticeable specimens at the airport. It is a native to the southern Philippines and Malaysia. Another is the **PUKA** (species *P grandis*), related to the above and also with edible leaves. The last one is the **CANNON BALL TREE** (*Couroupita guianensis*). Does anyone know where I can obtain these plants or seeds?

Secondly, any gardeners that are interested in exchanging unusual seeds (edible plants preferred, but any considered) please contact me.

And last but not least, my major reason for writing is to make contact with others who are interested in (and willing to) collecting seeds from a variety of native plants. Before I go on, I should mention that there is no financial reward for this. 'Deep Diversity', a planetary gene pool reserve in the USA, is run by a group of people dedicated to doing something practical to save our rapidly dwindling plant heritage. Through a contact in the USA, I am depositing Australian native (and other unusual) seeds into this pool. They take material from all over the world and work with people from a number of countries. By the very nature of seed saving, this will be an ongoing project, from season to season. I am looking for assistance in gathering seed. Any quantity is fine, even one seed is better than nothing! They handle all types of plants, from the smallest grass to the largest tree. If you can help, please send me a few seeds. All contributions will be welcomed, packaged and sent off to the USA. (Who knows, the way we are abusing our environment, we may one day have to restock our beautiful country from this very gene pool!) If you are interested in helping over a longer period, contact me and I will send a list of the (few) Australian plants they already have, and seeds that cannot be sent into the USA, such as hibiscus. That way your efforts will not be wasted. Where possible, please send as much information as you can with the seed: botanical, common name/s, location, growth habits, etc etc. However, if you don't know any of this, send them anyway! You could include leaves or seedpods etc to aid identification. I repeat, there is no financial reward for this and I can't even promise to pay your postage costs! It is a labour of love.

The pool has some seeds with interesting histories. In 1968 an archeological dig in New Mexico was looking for pygmy elephants. They found clay pots sealed with pitch – these pots contained bean seeds. The seeds were carbon dated and found to be 1500 years old – several germinated! These original seeds were used to regenerate an excellent variety of pole beans.

If you're a gardener who has old varieties, please don't presume that others have them too. You may have the only one left. This is not uncommon, many varieties die out when their 'guardian' dies. Sending some seeds to a gene pool ensures the survival of these plants. They can be regenerated and spread around. It really is up to each of us. If we don't, no one else will!

Penny,  
PO Box 508, MARYBOROUGH 4650.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

# HOLDEN GEMINI DIESEL SEDANS

by Trevor Quigley, Townsville, Qld.

I realise that many GR people reside in rural areas and therefore have to rely upon a motor vehicle for just about everything they do. All vehicles guzzle money, whether it is in maintenance or fuel. I thought I would write and tell of my little wonder vehicle that I have.

I reside in the country 50 kilometres from Townsville, north Queensland, and have to travel to work every day. I have always resided in the country, thus the need for an economical motor vehicle. I chose the Holden Gemini Diesel Sedan.

The engine is a 1.8 litre Isuzu diesel which is well suited to the sedan. Economy is what I was aiming for when I purchased my first Gemini. I average 6.3 litres per 100 km (45 mpg), sometimes I have achieved 5.6 litres per 100 km (50 mpg), and other times I have dropped to 7 litres per 100 km (40 mpg). All this depending on road conditions and how I drive the car. I drive between 100 and 110 kilometres per hour on good roads.

I did some calculations as I had a rough idea that I travelled 100 kilometres for under \$5.

- @ 7 litres per 100 km (40 mpg) @ 65 cents a litre = \$4.58 per 100 km

- @ 60 cents a litre = \$4.23 per 100 km

- @ 6.3 litres per 100 km (45 mpg) @ 65 cents a litre = \$4.07 per 100 km

- @ 60 cents a litre = \$3.76 per 100 km (100 kilometres = 62.1 miles)

As you can see, the economy is outstanding and if you shop around for cheap fuel, then it pays off. This is why I can afford to travel just about anywhere I like and visit relations in Melbourne and Adelaide every Christmas. Townsville to Adelaide average cost is \$130

However, the really big saving is on maintenance and spare parts. The engine of a car is where you seem to spend most money with tune-ups, plugs and points, carburettors, etc. Forget all that with a diesel, as it is a compression ignition engine and there are no points, spark plugs, carburettors. It has glow plugs which operate automatically (on my car), and fuel that is injected into the engine, and that's it.

Because the compression ratio of a diesel is around 20 to 1 instead of a petrol engine's 9 to 1, the diesel engine has to be much more robust in construction. How many of you have had to obtain a replacement engine or had a rebuild when your petrol engine got to near 150,000 kilometres on the clock? My diesel engine now has 420,000 kilometres on it and all I have done is replace the water pump, and the timing belt every 80,000 kilometres. For those who may have lived on a farm, can you remember the old tractors with diesel engines that seemed to run forever?

I have kept a record of my expenditure on the vehicles and have calculated that for every 100,000 kilometres I travel, it costs me \$2000. That figure includes new tyres, regular servicing, new glow plugs, injectors, filters, everything!

- New \$50 tyres from Kmart every 50,000 kilometres.

- Glow plugs \$15 each every 100,000 kilometres.

- CAV fuel filter \$8 every 15,000 kilometres.

- Water pump \$130.

- Front brake disc pads \$28.

- Rear brake shoes \$47.

- Timing belt \$44 every 80,000 kilometres.

- Oil filter \$23 every 15,000 kilometres.

- Rear shock absorbers \$62 a pair and I got 100,000 kilometres out of the previous ones.

- New rack and pinion steering \$300 including fitting – average 200,000 kilometres.

## WHAT ARE YOU PAYING FOR YOUR PARTS?

Just before Easter, the differential died without warning. The local garage supplied and fitted another for \$425. The previous diff gave out after 315,200 kilometres. The five-speed gearbox was beginning to get noisy and I bought another reconditioned one for \$280 from Brisbane. That was installed a month ago, along with a new clutch, pressure plate and spigot bearing by the same garage for \$500. I am a firm believer in preventative

maintenance. Why wait for it to break down at the worst time? Fix it before it does. I was happy with the prices as I have owned far more expensive pieces of machinery in the past. These two items I will not have to worry about for another 300,000 kilometres or so.

The engine will start to complain in the future, but at present it is running fine and I don't touch it. The major components are still in good condition.

My suggestion for engine longevity is this: Don't just get in the car, start it up, and drive off! This Gemini engine originally came out of my first Gemini diesel after it was written off after an accident. I kept the whole car for parts and bought my recent one. I liked my first motor and so I transferred it to the second car and kept the second engine in the shed ready for use. The high number of kilometres on this first engine I have put on it. Of a morning, I start the engine (never revving it) and then go back upstairs to finish my cuppa. Sometimes I forget and allow it to idle for up to 20 minutes or more, but usually around five minutes is enough. When I depart from home, the engine is fully warmed and lubricated.

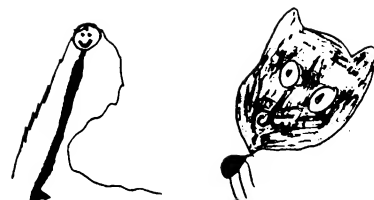
Yeah, I can hear the 'experts' stating that it is a waste of fuel and it is not necessary for a vehicle to be warmed up like that. They are usually the ones that have a company vehicle supplied or buy a new one every year. I can only state that the longevity of the engine is related to the way I treat it. We started tractors, trucks, and other engines of a morning and always let them stand a while before putting them under load. How many old tractors do you know of still being worked by an old-timer who looks after his gear? I do the same with my Landrover aluminium V8 wagon too.

A diesel Gemini in very good condition will sell for about \$3500. They are about the cheapest car to operate. If you see one for sale, have a drive! If it has 200,000 kilometres on the clock, don't worry, the motor has just started to be run-in! In Germany, the taxi drivers use Mercedes diesel sedans and when they get 500,000 kilometres on the engine, they remove the engine and replace it and continue driving.

Sit down with a calculator and do some figures to see what your vehicle is costing you. Then have a serious think about a diesel Gemini. You simply cannot go wrong with them, despite the fact that they are buggers for rust.



# KIDS PAGE



## FRAME YOUR MASTERPIECE

Make your own frame for a drawing or painting you especially like. It will draw attention to your work and protect it. Remember to wear a smock or old shirt when doing messy artwork.

You will need:

- paintbrushes
- a ready made wooden photo frame - pale wood is good.
- acrylic paint
- varnish or PVA glue



Remove backing and glass from the frame or get your mum or dad to. Paint small images that match your painting on the wooden part of the frame. Let it dry. Put on a coat of varnish or PVA, let dry, then put on a second coat. When it's completely dry, re-assemble the frame and put your picture in it.

## BOOK REVIEW Leonardo da Vinci FOR KIDS

by Jank Herbert

Leonardo  
da Vinci  
for kids



This book is full of both information about the life and work of Leonardo and creative concepts and activities for kids to explore themselves. Lots of Leonardo's magnificent paintings and masterful technical drawings inspire throughout and simple illustrations accompany the activities for kids. It is a really good book to encourage children to delve into the world of art. Recommended for ages 8 and up.

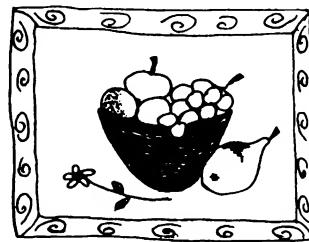
P/b, 90pp, Chicago Review Press, distributed by Boobook Publications, PO Box 163, Tea Gardens NSW 2324. Ph: 02-4997-0811.

## SPOT THE DIFFERENCES

There are six differences in these two pictures - can you find them? The answers are at the bottom of the page.



Picture 1



Picture 2

## SOME THINGS FOR A YOUNG ARTIST TODO

\* Always keep a sketch pad going - ready to grab and draw in anytime. Draw whatever is around you. As a child Leonardo was always outdoors studying birds and plants. He found out that the best way to learn about something was to observe it carefully. He said 'Painting is born of nature.'

\* Play with perspective - try drawing things from all sorts of angles.

\* Experiment with different materials. Have you tried making pictures with: crayons, pencils, watercolour paints and brushes, coloured inks and pens/brushes, found objects and glue ... ?

\* Join the kids club at your nearest big gallery - they often run holiday activities for kids.

\* Read about the art movements throughout history - all tell you about different ways of artistic expression. Leonardo was from the Renaissance period which spanned from around 1400 to 1600. Throughout history there have been many artistic periods.

**Answers:** Picture 1 does not have the complete frame pattern  
Picture 1 does not have the middle of the flower  
Picture 1 does not have the leaves on the stem of the flower  
Picture 1 does not have the stalk of the apple  
Picture 1 does not have the dot marks on the orange  
Picture 1 has an extra grape hanging out of the bowl



# IN THE KITCHEN

For those of us who live in the southern states, warmer weather encourages more outdoor activity. Make the most of longer days by keeping meal preparations short and simple. For those in the north, enjoy the weather before heat forces you back inside!

## QUICK AND EASY MATAR PANEER

This dish is based on a traditional Indian cheese and pea curry, but simplified by using easy-to-find ingredients.

250 g fresh peas, shelled weight (frozen peas can be used)

400 ml can crushed tomatoes

fetta cheese, cubed

1 onion, sliced

3 cloves garlic, chopped

small knob of ginger, chopped finely

1 heaped tbsp (or more) curry powder

small amount of oil for frying

Fry onion, garlic and ginger until soft.

Add curry powder and fry gently for a couple of minutes. Add tomatoes, bring to the boil, add peas and allow to simmer for 5 minutes. A little stock or water can be added for a thinner texture. Add cubes of fetta cheese and stir gently to avoid cheese breaking up. Once the cheese has been heated through, serve with steamed rice.

## ASPARAGUS WITH HERB AND LEMON COUSCOUS

This makes an impressive lunch for guests, or a quick and light dinner. The recipe is particularly suitable for those with their own asparagus patch, as your crop should be producing well by November.

asparagus – as much as you want  
basic vinaigrette dressing, with the addition of 1 tsp of French or grain mustard  
hard-boiled eggs, chopped  
shavings of Parmesan cheese

Rinse the asparagus in cold water, after snapping off the tough ends. Steam for about 5 minutes. Asparagus should never be placed in cold water and brought to the boil, as this will almost certainly overcook it. Remove from heat, combine gently with the dressing, sprinkle with the hard-boiled egg and cheese and serve with couscous.

## COUSCOUS

200 g couscous (the quick variety)

250 ml vegetable stock

juice ½ lemon

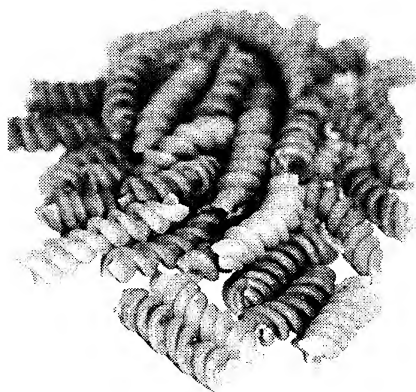
selection of finely chopped herbs, thyme, basil, mint, parsley.

1 tsp finely grated lemon rind.

salt and pepper to taste

dab of butter

Bring the stock and lemon juice to boil. Turn off heat, add the couscous and herbs, and cover. Leave for a few minutes, then add butter, fluffing up the couscous at the same time. Cover again, leave for a few minutes, then season with salt and pepper before serving.



## TUNA AND PASTA SHELL SALAD

Add a little oil to the boiling water when cooking pasta shells, to ensure that pasta doesn't stick together. Once the pasta is cooked and drained, mix together with the tuna and add a variety of finely chopped ingredients – whatever you have on hand: raw vegies, spring onion, capsicum, snow peas, grated carrot, finely sliced cabbage, celery, diced tomato. If using broccoli or cauliflower, cut into small florets, boiled for 1-2 minutes and then refreshed under cold water first.

boiled eggs, chopped

nuts or sunflower kernels

cheese, grated

herbs, chopped

Mix all the ingredients together, adding just a touch of olive oil if the mixture becomes too dry. This dish can be served warm or cold.

## EGG COOKING

Eggs can form the basis of many quick and easy meals. They are nutritious, convenient, versatile, and, at this time of year, abundant. Despite earlier concerns about dietary cholesterol, it is now generally accepted that eggs pose no harm, eaten in moderation, and contribute to an adequate diet. To make the most of your egg yield, keep these tips in mind:

- Don't wash eggs until you are about

to use them. Washing removes their protective film so they will go stale quickly.

- The white of an egg becomes thinner and runnier as it gets older.

Test an egg's freshness by placing it in water. A not-so-fresh egg will demonstrate some buoyancy and an egg over three weeks old will float.

- Store eggs in the refrigerator, preferably in a carton with the rounded end upwards to allow it to breathe. Ideally, eggs should be brought back to room temperature before cooking. A cold egg will not whisk well and is likely to crack if boiled.

- Eggs are best cooked slowly, over a low heat, otherwise they can become rubbery.

- When making an omelette, do not overbeat, just enough to combine the white and the yolk.

- Eggs that have been overboiled get a greyish tinge around the yolk.

- Save your older eggs for boiling. Older eggs are easier to peel. After hard-boiling eggs plunge them into cold water to stop them cooking further.

- Egg whites will not whisk easily if they are tinged with yolk.

## EGG FLOWER SOUP

at least 1 lt good chicken stock

6 eggs, beaten

1 tsp lemon juice

2 tbsp tamari sauce

spring onions, chopped

Heat the stock. Pour the eggs into the stock in a thin stream, while stirring. Add tamari and vinegar and simmer briefly. Serve garnished with the spring onions.

## STIR-FRY EGGS

It's easy to whip up an egg stir-fry using whatever vegies you have available, either in the garden or left over in the fridge. Keep in mind that the vegies will only be cooked for a short time, so chop or slice them thinly. After gently frying the vegetables, add 8 eggs which have been beaten with 2 tbsp light soy sauce. Keep folding the mixture until the egg is cooked through.

For more ways of using and preserving eggs see GR133 pg16, and GR 93 pg 51-2.



# WONDERFUL CHANGES

by Colin Westwood, Murwillumbah, NSW.

It was the start of a wonderful change in my lifestyle when I first picked up a copy of *Grass Roots* magazine around 26 years ago (1972 I think), that was on the table in the large share house that had once been the governor's residence at Lesmurdie in WA. This was where I saw an ad for shares in a new community at Uki in the Tweed Valley of New South Wales, which I subsequently joined. I was born and raised in the suburbs of Melbourne, so this represented a major address and lifestyle change for me.

With the help of information in GR, and some very skilled people who'd also joined the Uki community, I was able to build and establish an integrated living system with extensive gardens and orchard. Over the following years, I was a regular contributor to GR's Feedback and at one stage ran an ad in the Contacts section too. There was also an arti-



Above: Pawpaw in the foreground of a lush tropical garden.

Right: A great spot for contemplating nature, the handbuilt outdoor dunny.



cle published on coffee production which generated a massive amount of correspondence. During this period, I developed a lemon grass crop which I harvested, processed and marketed.

An old slow combustion stove was installed in the early days and provided warmth and cooking and boosted the solar hot water system I'd salvaged from bits and pieces. A 40 watt solar panel and heavy duty truck batteries provided a 12 volt system with enough power for lights, a black and white TV and a car stereo cassette/radio. Life was very

peaceful and relaxed after this infrastructure was in place and expenditure was very minimal.

One immensely satisfying major project of my own around 1983, was to build a waterless composting toilet; the first dry composting toilet in the area as far as I can tell. This was done using recycled materials from the local tip and a generous amount of cement to hold it all together. It is still functioning well today with a nil negative impact on the environment. I also learned of over 90 species of fruit and nut trees that would grow successfully in our area, without the use of herbicides or pesticides.

However, there was a down side to community living and my passionate idealist philosophies resulted in some fundamental belief clashes with other similarly disposed members over the years. So, after 15 years of living in the community at Uki, I sold my share via a Grassifieds ad in 1989 and moved, after much consternation, to a house in nearby Murwillumbah, where I've since lived and worked.

Here I have created a lush jungle of trees, shrubs, herbs and flowers from a block that was mostly steep, hard-to-mow lawn. I grow everything from Amazon custard apples to zucchinis.

With most of the front nature strip also revegetated, there is no longer the need to own a lawn mower. After 15 years of drinking pure rainwater, I found town water to be undrinkable, so I installed a rainwater tank. With the regular rainfall in this area, I can afford the luxury of only filling my tank in the middle of a lengthy downpour, when I am certain that most of the pollutants in the air and on my roof have been flushed away into the stormwater system.

Currently, I am actively involved in a Landcare group here called the Tweed River Restoration Group. We revegetate riparian zones (river banks), collect research data, lobby politicians and help land owners to establish profitable alternatives to grazing in riparian zones. I am also an active WWOOFer (Willing Workers On Organic Farms). In fact, the call of the land is so strong that I now have a desire to return to an acreage (hectare?) of my own, where I can put my knowledge and skills to work, to create an environment-friendly, profitable organic lifestyle.

With the year 2000 looming ever closer, let's hope that we can all continue to learn and share and grow with the continued help from the pages of our beloved *Grass Roots* magazine.

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# TERMITES

## EARLY WARNING SYSTEMS

### PART II

by Jack Ross, Port Macquarie, NSW.

IN GR 134, I discussed the need for vigilance in termite control and described the first of my three early warning systems – the wheel system. This time I describe a system I developed for another residence – the modified herringbone system.

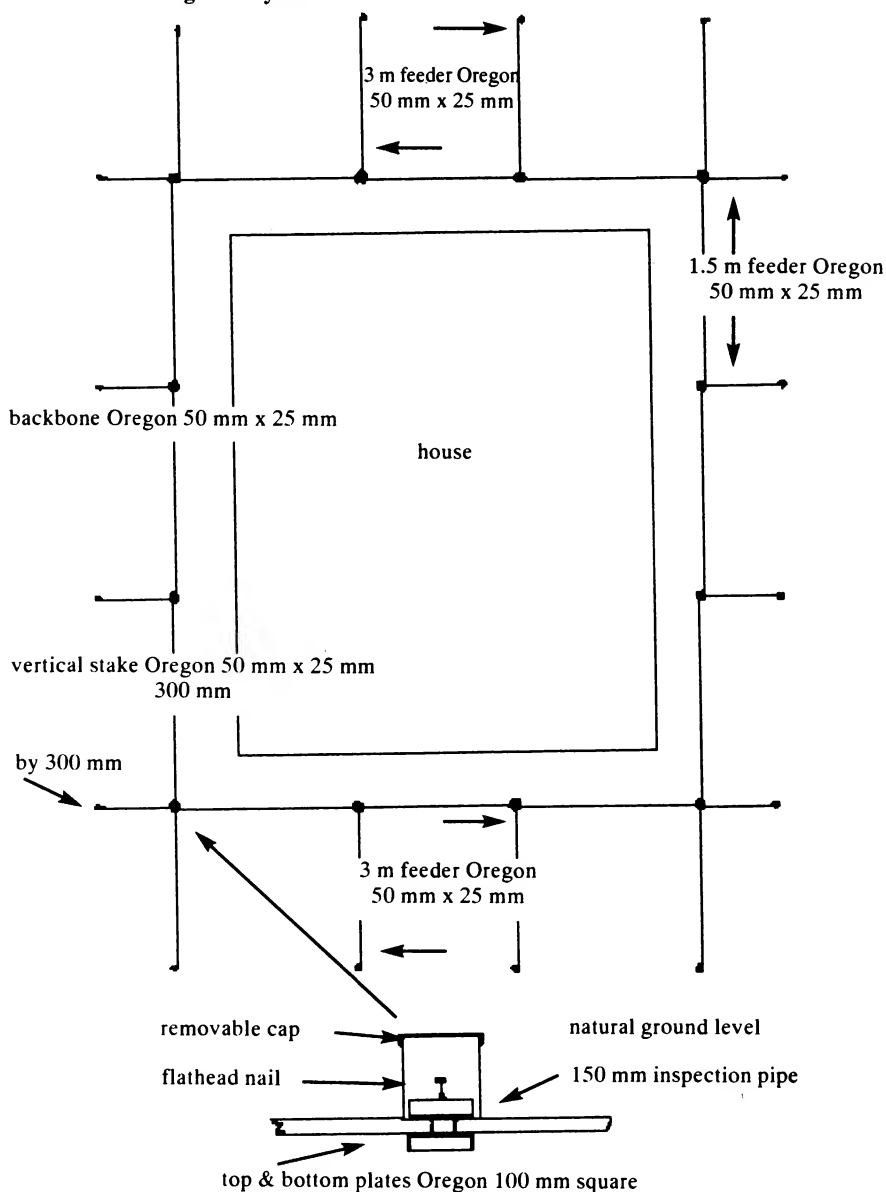
#### MODIFIED HERRINGBONE SYSTEM

Some time after installing the wheel system in my first home, I was transferred to another state where I eventually purchased a house. Here, an inspection was carried out by a pest expert who reported that activity had occurred about two years previously, but that the infestation had been controlled. As a result of previous experience with termites, I decided to set a warning system, but, as the property was much smaller than the previous one, I installed a different type, identified as the 'modified herringbone system'.

The house was surrounded by a concrete path against all four walls, so I excavated a backbone trench alongside the concrete path 200 mm deep to encircle the house. Channels were excavated under concrete paths which led off the backbone trench to two side fences about 1.5 metres out, and three metres out, at front and back of the house.

An unbroken length of 50 mm by 25 mm well seasoned Oregon pine purchased from a timber disposal yard was laid in the backbone trench, with joints being made by overlapping ends 100 mm and nailing them together. The right-angle branch feeders were cut from the same Oregon lengths. A 100 mm square plate of Oregon pine was placed at the junction of the backbone and feeder boards, with both members being nailed to the plate. A similar 100 mm square plate rested over the one to which the boards were nailed. At the far end of each feeder a 300 mm long Ore-

#### Modified Herringbone System



gon stake was driven into the soil and the feeder nailed to it.

The inspection access was provided by a vertical section of 150 mm diameter chimney flue of sufficient length to

keep soil away from the Oregon blocks and about 25 mm above surrounding ground level to prevent water washing into the pipe. A sheet iron cap with lip fitted neatly over the top to keep out

light and to act as a lure location point.

With the high humidity within the inspection pipe and day and night temperature changes on the metal lid, there was sufficient moisture condensation on the inside of the lid to keep the Oregon squares reasonably damp. After two months, signs of fungal decay were evident on the blocks, making them attractive to termites. The inspection points were examined on a regular basis and after about 15 months termites were found in one of the holes at the rear of house.

After considerable detective work, I discovered that an old chook house belonging to an elderly neighbour at the back was infested with termites and, with the cooperation of the neighbour, the problem was dealt with appropriately.

### CORNFLOUR FOR LAWNS

Scientists in the USA have discovered that cornflour can help feed and weed lawns. Cornflour contains substances which inhibit the growth of annual weeds and it releases nitrogen which is a fertilising agent.



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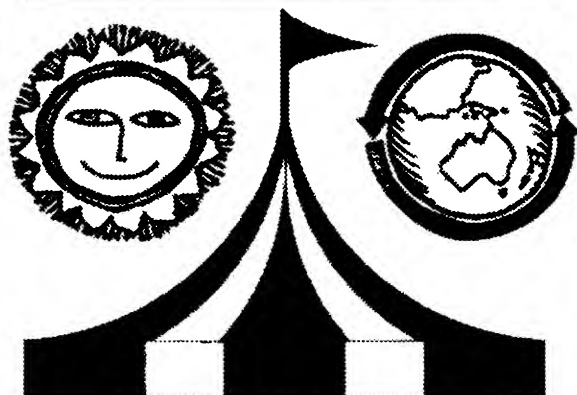
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# WELCOME TO THE SOUTHERN DOWNS

## Queensland With A Difference

by Dr David 'Doc' Wescombe-Down, Dalveen, Qld.

Nestled in south-east Queensland west of the Great Dividing range is an area in contrast to the rest of the state. Set in the mountains 450 to 1100 metres above sea level, the climate exhibits four distinct seasons and is very different from the Queensland most Australians know. This region, including the Granite Belt centred around Stanthorpe, is known generally as the Southern Downs, and forms the southernmost part of the famous Darling Downs. Winter presents with crisp, clean mountain air, log fires, clear days and occasional snow at Dalveen, The Summit and Stanthorpe. Peach and apple blossom announce the arrival of spring, supported by wildflower carpets and new-leaf grapevines. In summer, the absence of bestial heat provides a livable alternative to many people. The trees and vines move into full fruit production, while seas of laughing sunflowers border many of the roads and highways in the area. Our wine vintage comes in autumn when the Downs grain crops show off the traditional Australian colours.

### HISTORY

The Darling Downs were named by Allan Cunningham in 1827 and pioneer wool growers opened the area to the new civilisation. Many old homesteads and buildings remain, some restored and others perhaps well past it. Much of Queensland's wine industry is located in the area known as the Granite Belt, centred on Stanthorpe, and having at least

15 wineries open for public inspection and tastings. Local wine makers are now consistently winning medals at the National Small Wine Makers Show.

### ACCESSIBILITY

For those not dependent on the beaches and life on 'the coast', the Southern Downs and Granite Belt offer a lovely alternative for relocation, irrespective of one's station in life. They are only two hours by car from both Brisbane and the Gold Coast (south-west) and about one hour from Toowoomba (north). The area is well-served by the New England Highway from New South Wales, the Newell Highway from Victoria and South Australia, and many local roads

are sealed. A \$20 million freeway from Dalveen to The Summit has caused the former section of the New England Highway to become a developed tourist drive and local traffic thoroughfare. Hundreds of semitrailers and interstate buses traverse the Downs each day, and regular local services link with Toowoomba, Moree, Brisbane, Tenterfield, and Goondiwindi. Stanthorpe and Warwick have airstrips for air charter access.

### NATURAL FEATURES

Within the region, Sundown National Park keeps company with Girraween, Bald Rock and Boonoo Boonoo Parks in the south, and Cunninghams Gap and



The property has developed in many ways since the early shot (left). A pergola has been added to the house and is now covered with a thriving passion fruit vine, garden beds have burgeoned, and rustic fencing has added its special character.



Goomburra State Forest Park to the north. Water supplies to the area come from several major dams, notably Coolmunda, Glenlyon, Storm King, Connolly and Leslie, all of which yield good catches of fish, as does the Severn River near Stanthorpe. The dams are regularly restocked with fish, and boating, swimming, canoeing and sailing are allowed.

#### Weather

Average temperatures range from minus 10 in winter to 32 degrees Celsius in summer, and average monthly rainfall varies from 20 mm in July to 100 mm in December. Rain normally falls in every month of the year. Our Dalveen property receives about 1000 mm in any normal year.

#### ACTIVITIES

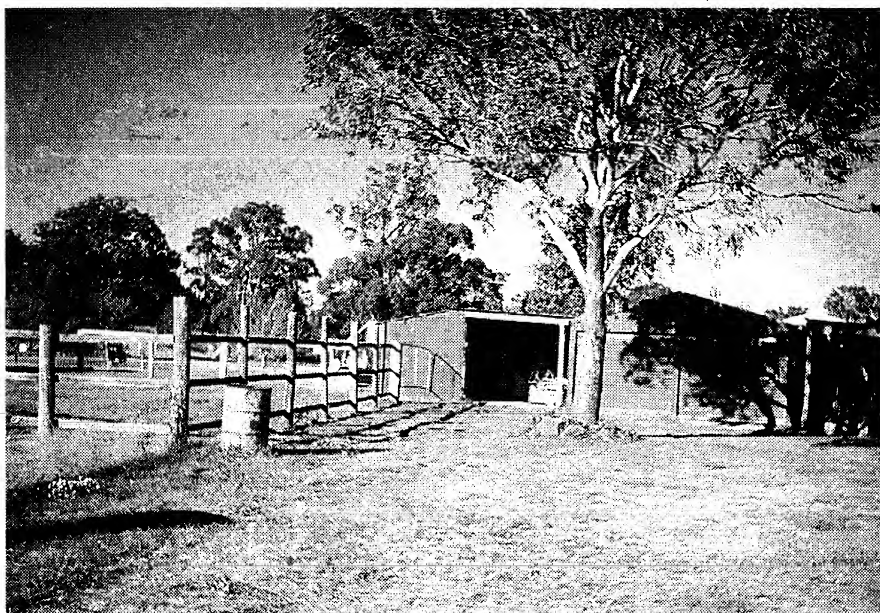
Activities in the area include education (public and private schools and colleges), Stanthorpe Training Centre (community-based vocational education and training), TAFE campuses, agriculture, horticulture, service industries, grazing (sheep and cattle), intensive pig, deer, emu and goat farms, wine production and bed 'n' breakfast tourism. Stanthorpe and Warwick both have excellent bitumen and dirt-surfaced motor racing tracks, drag strips, motorcross and mud-racing venues, and the Endeavour Rally adds its colour and energy whenever it passes through the area.

While the larger centres offer art galleries, libraries and regular arts activities, a range of sports is also readily available to individuals and families. All this is coupled with the free and easy atmosphere inherent in the country.

#### OUR MOUNTAIN-TOP BLOCK

Caroline and I lived in Warwick for one year after relocating from South Australia, and spent that time looking for our 'dream' acreage. We initially purchased a five-hectare apple orchard at Severnlea, but soon sold it because of the chemical spray application history in that area. Then we were shown our present ten and a half-hectare mountain-top block a few kilometres west of Dalveen that we saw as our 'pot of gold'. This places us about 40 kilometres south of Warwick and 20 kilometres north of Stanthorpe.

The property has good ringlock boundary fencing; cattle yards, crush and loading ramp to a bitumen road; excellent water catchment and lovely stands of tall eucalypts, kurradjong, mountain



Horse yard, barn, workshop, carport were all built from recycled ironbark and corrugated iron.

ash and wattle trees. It had been recently subdivided from a vast pastoral property, selectively cleared, sown to pasture and *not* superphosphate fertilised! We are a few kilometres from, and fifty metres above, the nearest fruit and vegetable growing properties and thus clear of their 'chemical warfare' zones!

Caroline designed our comfortable, unpretentious brick veneer home, with three bedrooms, hobby room, verandah and pergola, and we spent lots of weekends mowing 'roads' to the dams as well as the house yard grass, rock picking to build garden walls, and timber gathering to stockpile firewood. After the house was completed, both dams were enlarged and two more excavated to cater for future needs. Internal fencing has subdivided the property into seven paddocks for stock rotation.

We are grateful to the former Rosenthal Shire Council for many things, but mostly for all their friendly, interested handling of our building application and discussions regarding landcare, erosion control, potential highway developments and outbuilding requirements.

Relations between shire councils and ratepayers are often featured in a bad light (the individual versus the system), but we have escaped such issues to date. Amalgamation into the Warwick Shire Council has seen a reduced council profile in the area, and a need to deal with a remote bureaucracy rather than the caring 'family' approach of the obsolete Rosenthal authority, but still no problems to date.

#### Alternative Energy

Other property improvements include ten 42 watt Solàrex solar modules, six 200 a.h. deep-cycle batteries, 30 amp Plasma-tronics regulator, 600/1500 watt Selectronics sinewave inverter, 7 KVA Kubota-Sincro diesel genset, 40 amp diesel powered battery charger (Petter 3.5 hp single cylinder), Rayburn No 3 slow combustion stove with 230 litre hot water system, gas hot water system (backup), gas stove (also backup), 230 litre gas fridge and Ozbeam room skylights where necessary to improve natural lighting within.

Grey water is recycled to the fruit trees and a slow combustion heater helps beat the cold, particularly during 'brass monkey' weather! Rainwater is stored in 5000, 2000 and 1000 gallon Aquaplate tanks and pumped by a low power (280 watt) pressure pump.

The stand-alone power system runs a 486 computer setup, TV and VCR, Doc's high frequency amateur radio station, 'junior's' electric train set, and all the house lights which are energy-saving bayonet bulbs. Two camping gas lamps are kept for emergency or accessory lighting.

From our experience, we have learned that second-hand batteries should be emptied, washed and refilled with fresh acid. This inexpensive process up front can save a lot of effort later. At 40 kg each, hauling batteries up and down to have things done is not a great way to spend one's leisure time, but is good for personal fitness. We now use brand-new

storage batteries for maximum efficiency.

### **Animals**

Our 'family' has included Newfoundland, Dalmation, and Cavalier King Charles Spaniel dogs, cats, Saanen and Anglo-Nubian goats, Clydesdale and other horses, miniature ponies, donkeys, house cows, ducks and fowls – not all at one time, thank goodness!

### **Garden**

A trained teacher, Doc has years of involvement in organic horticulture, so we have large compost bays, more than 100 fruit trees, plus seasonal vegetables. Compost as a mulch is applied at 300 mm thickness and all vegetables are grown above ground in recycled car tyres, wash troughs and tractor tyres. Compost is made from animal manures, hair salon sweepings, paper, straw and hay bedding from animals, poultry deep litter, household scraps, lawn clippings and spent weeds. The compost bays are four-sided, open-topped and built from 2100 mm sheets of old corrugated iron and short star pickets. For some years Don ran a Jersey

house cow and a small herd of draught horses, the manures from which were regularly collected during 'pooh patrols'.

### **Recycling**

A lot of things are recycled – the tyres and rainwater tanks mentioned already, Hardiplank leftovers, bricks and hardwood lengths, flattened removal cartons for weedmats, poly fodder bags cut and unfolded as weedmats under brick paving, bark and fallen tree trunks for landscaping, large hollow branch section is for planters, and mossy rocks relocated from the property for the dry-laid stone walls.

### **About Us**

Doc, 53, and his four year old son Clay, keep the place going as Caroline is currently Sydney-based, for work purposes. Doc also manages Stanthorpe Training Centres three days a week, is a HACCP/SQF2000 quality assurance consultant and trainer, learns to play Bluegrass banjo, rides a Harley Davidson trike, works out in the home gym and is training as a freelance journalist. Caro-

line enjoys line dancing, reading, documentaries, eating chocolate and long-distance commuting!

### **Wildlife**

It is very nice to live in a clean mountain area with the nearest neighbour a kilometre away, and hundreds of frogs telling us that we have given them a safe microclimate in which to live. We enjoy each other's company and spend time watching the resident and visiting wallabies, native rats, brush-tail possums, tortoises, echidnas, wedge-tail eagles, king parrots, various rosellas, lorikeets, kookaburras, whip birds, galahs, finches, wrens, quail, peewees, magpies, crows, ravens, currawongs, apostle birds, frogmouths, barking and barn owls, storm birds, swallows, flycatchers, honeyeaters and willy wagtails. The occasional fox and rabbit are quickly despatched.

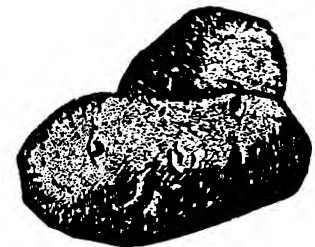
If you like star-filled nights and misty mornings, a cool climate and pleasant distractions, perhaps there is a pot of gold for you too, in the Granite Belt section of Queensland's Southern Downs.

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# **GARDEN BOUNTY**

## **Potatoes**

by Cheryl Beasley, Karalee, Qld.



Potatoes make a wonderful first crop in the vegetable garden as they break up the soil effectively and leave it easy for digging in compost and mulches. The potato keeps for weeks if stored correctly and is a very versatile and easy to grow vegetable. For beauty purposes, the potato has cleansing qualities and has been used for years for joint pain and healing burns.

### **POTATO PACK FOR CHILBLAINS**

- 1 lge potato
- 1 tsp vegetable oil
- 1 tsp onion juice

Peel and boil the potato until soft. Mash and add the oil and onion juice. Apply this pack to the affected areas and leave on for 45 minutes to penetrate the area. After this time, rinse off with warm water. Use regularly.

### **POTATO OIL**

- 2 tbsp potato juice
  - 1 tbsp vegetable oil
- Beat the juice into the oil and use

warm on areas that suffer from rheumatic pain. This oil is very soothing on sunburnt skin. Shake before use.

### **SOOTHING POTATO MASK**

- 1 tbsp mashed potato
- 1 tsp lecithin powder
- 1 drop glycerine
- 1 tsp almond oil

Combine the ingredients to make a paste and apply to the face. Leave on for 20 minutes then remove with warm water.

### **POTATO BATH TREATMENT**

- 3 cups potato water\*
- 1 cup apple cider vinegar
- 1 tbsp vegetable oil

Mix the ingredients and place under the running bath water. Soak in this soothing bath for 30 minutes and massage the oil into the skin before getting out. Pat yourself dry.

\*Potato water is the water in which potatoes have been boiled.

### **SPUDS FROM SCRAPS**

Potatoes will propagate readily from any scraps thrown into the compost. Take advantage of this propensity and bury peelings in any spare, reasonably fertile corner of the garden for a bonus 'crop'. Similarly, any potatoes that begin to sprout can be used as propagative material. Leave the sprouting spud exposed to sunlight for a week or so to toughen up the shoots. Cut the potato into sections, each section having a shoot growing. Plant them in large tubs, or into trenches in the ground. Cover the new leaves with compost, soil or straw (alternate them) as they grow – until the tub is about three-quarters full, or the trench is slightly mounded. In a few months you'll enjoy a free feed (or a few) from your 'scrap' spuds.

# WHAT'S ON

It's a busy time of year in the garden, but when you need a break and a change of scene there are numerous events to choose from.

## ROSE WEEK

Held at the Royal Exhibition Centre, Melbourne, from October 30 to November 3, this spectacular event will appeal to rose devotees everywhere. Displays, special events and lectures will be held throughout the week. All enquiries should be directed to Margaret MacGregor, ph; 03-9842-1886, or to the Secretariat, ph: 03-9370-6470.

## RENEWABLE ENERGY AND SUSTAINABLE LIVING FAIR

Following last year's outstandingly successful event, this year's is a must for anyone with interests in this field. Dozens of exhibits, seminars, house tours, demonstrations make this an event not to be missed. To be held at Hanging Rock, central Victoria, November 27 and 28. For all enquiries phone 03-9328-4123.

## HANDMADE HOUSE TOUR

Visit an inspiration selection of owner-built homes in the Nambucca Valley, October 9 and 10. Building styles include stone, timber, mud brick, sandstone, mud and sawdust, pole frame, also examples of alternative energy applications. The tour is organised by the Tallwood Community School Bellingen and is its major fund raising event. For details about the tour and the school call Faye Welsh on 02-6564-4003.

## AUSTRALIAN HERB CONFERENCE

Those who like to plan ahead will want to begin making enquiries about this event to be held in July 2000, in Townsville. A great location for the first conference of its kind to be held in the tropics of Australia. Phone 07-4773-6327 for all enquiries.

## COURSES

'Tocal' Agricultural College Paterson, NSW, runs a range of one and two day courses of relevance to self-sufficiency seekers. October 23 and 23,

Biodynamic Agricultural Practices, covers the basics of biodynamics, includes farm tours and is relevant to both small and large-scale enterprises. November 6, Assessing Natural Resources, will evaluate a farm's trees, pastures and water resources with a view to conservation and biodiversity improvement. Many other courses are held throughout the year. Phone 1800-125-520 for all enquiries.

## CRAFT FAIR

All crafty people will want to make an opportunity to visit the Craft Makers' fair and the Australian Craft Show. November 24 to 28, in the Dome at the Homebush Showgrounds, NSW. For all enquiries call June Bibby, 02-4579-1288.

## LETS NATIONAL CONFERENCE

To be held from November 5 to 7. We've mentioned this one several times, now the time is upon all those interested in LETS schemes throughout Australia to contact LETS Illawarra, 328 Princes Hwy, Bulli 2516, for more details.

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# FODDER FORESTS

## BARE ROOT SEEDLINGS

by Vince Conlan, Binya, NSW.

Aside from providing windbreaks, shade and stock shelter; returning nutrients to the soil; attracting rain; reducing salinity; providing wildlife habitats, wood, oils, medicines, flowers, fodder and food; trees are beautiful and good for the soul. They also cost a lot of money. The cheapest way to establish trees is to collect and plant your own. In this issue we will be discussing ways to grow your own bareroot seedlings and profiling the exotic carob.

By using the bareroot seedling method it is possible to grow thousands of seedlings in one year. There is no need for expensive equipment, no pots, no trays, no shade cloth, no plastic! Just seed, soil, sun and water. It's cheap and easy, but not all trees can be grown this way and, once uprooted, they need to be transplanted as quickly as possible.

### GROWING BAREROOT SEEDLINGS

Most wholesale nurseries grow some bareroot seedlings. Roses, olives, fruit trees and grapevines are all grown as bareroot seedlings before being transplanted to pots or paddocks.

Prepare a seed bed, just as you would for your vegies. Make sure the bed is out of the wind and well drained. Plant thickly. I like to calculate the germination rate of my seed and sow them so that I have at least one plant per three centimetres square. This seems to be thick enough to prevent weed invasion once the plants are well established.

Look after your soil. Make sure your plants have enough to eat and drink. Harden plants by leaving them exposed to the elements. Do not cover them with shade cloth or anything else.

Prune seedlings like tagasaste and saltbush so that they branch out. This also hardens the plants. Once they have recovered, disturb the soil around their roots with a garden fork to harden them for transplanting.

Seedlings grown with plenty of fertiliser and water will be ready for transplanting in six months.

A note of warning: Although it may be possible to buy bareroot seedlings by mail order, most do not travel well. Buy locally or grow your own.

Some trees never fully recover from root damage and these are best directly seeded in the field or grown in pots. Disturb the roots of a quondong seedling and it will die.

### CAROB

This issue we are profiling carob (*Ceratonia siliqua*) which has an ancient history of use by humans. Seafaring Semite traders introduced the seed into Egypt. It is legend that St John ate honey and locusts in the desert. Locust is another name for carob which is often called St John's Bread.

Along the Persian Trade Route precious minerals such as gold and silver were valued by their weight in carob seed. Indeed the word *carat* is Arabic for carob seed. The Greeks spread the tree throughout Italy and the Ottomans spread it throughout Africa and Spain. Carob has been an invaluable component of semi-arid farming systems throughout the world for thousands of years.

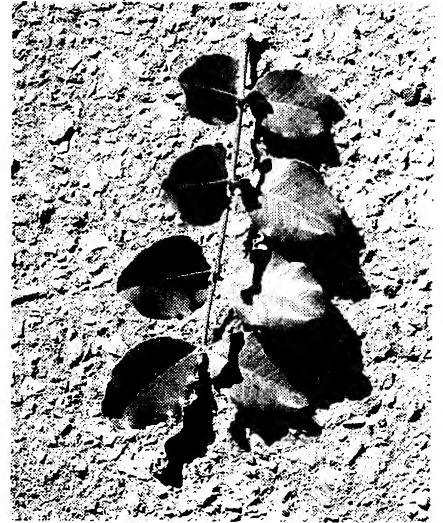
### PLANT PROFILE

#### Habitat

Carobs are found in all states of Australia. They will grow on most soils that are well drained and will withstand saline conditions. Trees survive in areas with as little as 230 mm rainfall, but become more productive with higher rainfall or irrigation. Young seedlings are frost sensitive.

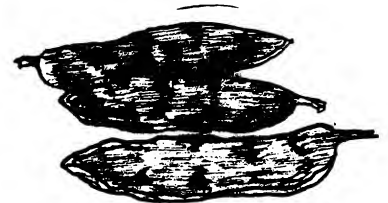
#### Propagation

In Spain, they establish carob trees by feeding pods to stock and then burying the dung. Henry Esbenshade and Geoff Wilson in their book, *Growing Carobs in Australia*, state that seed soaked in concentrated sulfuric acid for one hour, then washed and soaked in water for 24 hours, produces the best germination results. Be sure to follow all safety precautions when handling sulfuric acid.



Above: Carob leaves.

Below: Pods of the carob tree are a nutritious stock food and are also processed for human consumption.



Alternatively, soak the seed in water just off the boil for four hours and sow only the seed that has swollen. Once trees have been planted in the field it is possible to graft them with more productive varieties. Carobs are slow growing and it may be several years before they produce any pods. Both male and female trees are needed to produce fertile seed.

#### Uses

Historically, carob has provided fodder and food for stock and people. The pods are distilled into wine and brandy. The seeds are processed as food thickeners and the pods used as a chocolate substitute. The pods are believed to have the feed equivalent of barley. The seed is used for its constipating value, is high in protein, vitamins and minerals. The wood is used for furniture, firewood and decorative work. Tannin is extracted from its bark.





# Build Your Own Stockyards

by Dick Bennett, Tauranga, NZ.

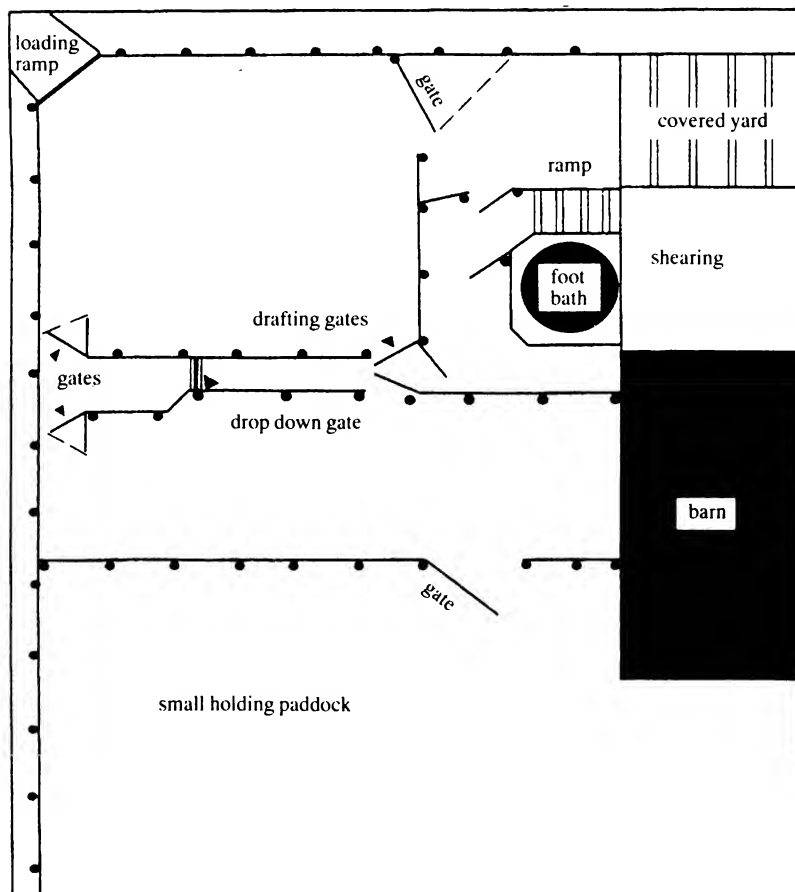
If you plan to have more than a few livestock on your small farm then good stockyards are invaluable. Here are some points which may help those planning stockyards.

On our first small farm I built the yards and loading ramp from scratch, fitting them into the only suitable site I had. They worked well but had some limitations, mainly because they were too small.

When we arrived on our present property, the yards were already in place, if somewhat rundown. They were larger and more complex than we'd had previously. Because the builder of the yards still lives nearby I now know they were built with sheep, goats and cattle in mind. The photo shows the central drafting race which is suitable only for small stock, that is sheep, goats and calves. There is a



Plan View of Stockyards



Yards built with sheep, goats and cattle in mind. Good yards are essential to anyone handling stock.

straight-through gate which leads to both the shearing shed and a large foot bath. The large gate at the back (with the black sheep next to it) leads to our loading ramp which is a level walkway – the trucks back off the road up to a timber-lined bank.

Having experienced the problems of a standard wooden loading ramp, such as stock resistance to climbing, and slipperiness when wet – even with plenty of cleats on the slope – I would always opt for such a level loading facility, or as near to level as possible.

The yards have an outer fence approximately 1.6 metres high, as does the loading ramp, making them suitable to hold mature cattle. The internal fences are only 1.2 metres high.

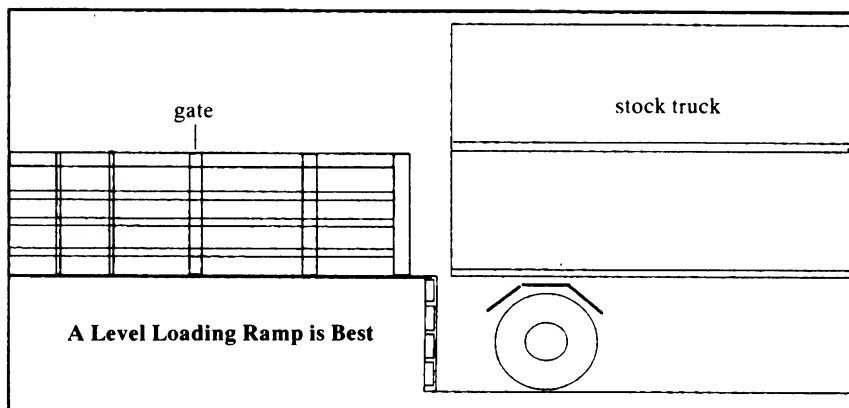
The yards work very well, having many areas to hold stock, to separate ewes from lambs and so on. This winter I have built a small covered yard on the end of the barn. This means we were able to bring ewes with new lambs inside on wet nights to retain them and feed them on sheep nuts until the weather improved.

A good set of stockyards is essential

Left: A level loading ramp avoids problems of stock negotiating slippery slopes.

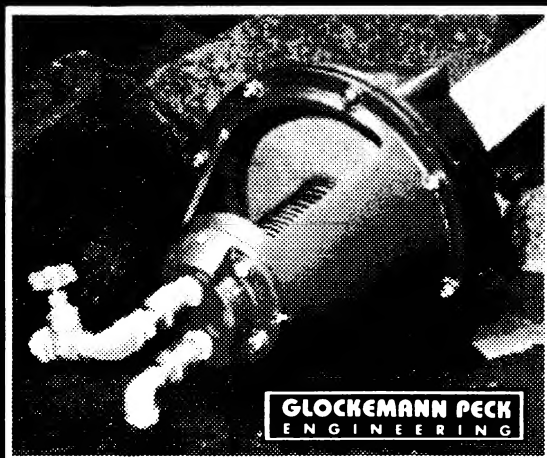
on a stock farm and this design works very well. They require quite an investment in materials and time, but they are very worthwhile, and, if they are done well, add to the value of the property.

Reprinted from: *The Smallfarmer*, The Journal of the NZ Association of Smallfarmers, Dec '96.



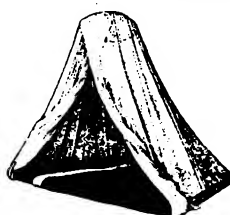
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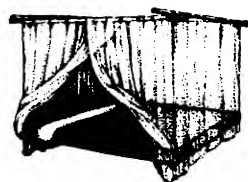


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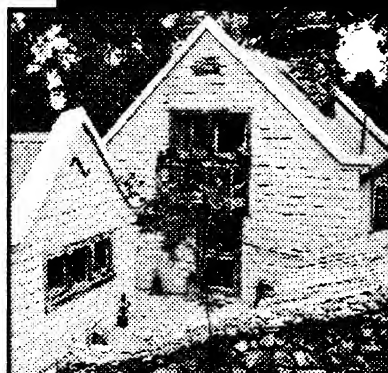
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# ARE YOU COMPLIANT?

## PART II

by Neville Jackson, Tingha, NSW.

Last time I discussed in general terms potential problems caused by the Y2K bug, looking at electricity, water and sewerage in more detail. This article deals with food, money, vehicles and business matters.

### MONEY

All financial institutions will proclaim their Y2K compliance, but no one can be positive of that fact, because there are no guarantees from the computer industry. A vital weakness in the financial sector is that a huge number of computers are interconnected via networks, both in Oz and overseas. It only takes one to foul up!

#### Solutions

I would suggest that cash (you know the stuff that was used for centuries before someone invented plastic?) in a range of denominations be held in a safe place. I'm not suggesting that anyone should withdraw almost everything. That would be a 'run on the banks' (there's probably a law against that). Just a modest amount of 'coin of the realm' would be prudent to have handy.

If everything does go 'belly up' then EFTPOS, cash cards, not-so smart cards and any other money clones will be on holiday.

### FOOD

Many city folk have no option but to purchase all their foodstuffs. But a balcony, small backyard, or even a window box can produce something useful. You might just discover a healthy and interesting hobby.

No matter if the Y2K is a nonevent, there will likely be panic buying and prices will rise. Stores will run short of certain lines, such as staples, tinned, dried and freeze-dried foods. If fuel supplies are limited, then fresh fruit and vegetables may not get to their markets.

#### Solutions

Put away a few tins and packets each week. Dried foods take up little space and are long lived. If being a vegetar-

ian isn't your thing, try a few packets of freeze dried meats and prepared meals, available from camping/outdoor stores. Don't forget, if nothing happens, rejoice and count your savings for food prices have to rise along with everything else.

If growing your own food isn't practical, then take a trip to the vegetable markets, buy bulk tomatoes, apples, corn, peas and beans - foods that can be dried or preserved. Case or box lots (usually 10 kilos) work out much cheaper.

Also remember to plan for an adequate supply of any essential medication.

### FUELS

If there is a problem with computer-operated fuel pumps at your favourite gas station, that is an inconvenience. If the fuel depot can't receive and deliver bulk fuels, that's a big problem. Remember when the fuel strikes were on? How long was it before everything fell apart? Not long was it?

#### Solutions

Vehicle fuels can be bought by the 200 litre drum and a plastic fuel pump isn't expensive. Of course, storage of flammable fuels on domestic premises will void your insurance cover and is a very dangerous practice. However, a local fuel depot might allow you to store the drum on their premises. Think also of kerosene, available in one litre and 10 litre bottles from supermarkets. A kerosene lamp or two could be handy and they're safe if kept away from children and pets. LP gas lights are an option. Make sure the BBQ bottle has a safety connection for a gas light.

PS: Remember fresh batteries for torches and transistor radios.

### VEHICLES

Many cars and trucks have date-reliant chips for their dashboard computers. Marvellous things for fuel/air mixtures, timing and pollution controls. True, most have a limited date function, but if it extends to year numerals like a certain four-wheel-

drive I know of, there could be a problem. Could you do without the family car for work, shopping or transporting the kids to school?

#### Solution

Enquire strongly at your vehicle's dealer regarding date compliance. Bland smiles and assurances are not enough. Make noises to head office and attempt to get a signed statement to cover damages and costs. Best of luck!

### BUSINESS

So you're in business. You've made sure your computer is compliant with Y2K. But what about every one of your suppliers, creditors and debtors? With most businesses interconnected via networks, any problems in a sensitive area 'download' to everyone else along the line.

Some people have advanced the date function on their computers to December 31st, 11.59pm and waited 10 seconds to see what happens. Many modern machines do progress to 1st January 2000 no problemo. Others go to 1990 or even 1900. That may present only a few laughs, not a disaster.

Worldwide, it is estimated that governments and businesses expect to spend two trillion dollars to fix the problem. A lot of money! Will it fix every date-reliant computer in sensitive situations? Odds are against it!

Remember Auckland when the power went kaput? No computers, no

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air conditioners, no electric jug! After a day or two most businesses left town en masse until power was restored. More recently in Exmouth WA, in late March 1999, cyclone Vance devastated all power, drinking water and the sewerage. Emergency power plants and water were trucked and flown in quickly by civil and military authorities, but many still left the area until services resumed. If everyone is affected, where is there to go?

#### Solutions

Some service clubs in country NSW have had discussion groups to advise members, especially in small businesses, about the millennium bug. These are some of their suggestions:

- Withdraw working cash in various denominations from accounts prior to December 1999.
- Make sales and purchases for cash or credit whenever possible at that time.
- Get hard copies of essential accounts, transactions, insurance, etc prior to end of year trade.
- Lay in a stock of food and essential supplies.
- Increase your stock inventory before Christmas.

Immediately before and after Y2K check all invoices, bills, receipts, delivery dockets very thoroughly, for there's a lot of crooks out there who would delight in putting a fast one over. As a matter of course, check all documentations for mistakes or omissions. You are at the mercy of their computer chip.

#### STOCKS, SHARES, SECURITIES, INSURANCE

The above are locked away in someone's computer, hopefully compliant. The financial industry has spent

heaps, but will it be totally successful? Pretty traumatic if in the New Year you find you don't exist, especially when you thought you did.

By the time you, and possibly thousands of others, find your money and/or assets have become inaccessible, because records are full of errors or just missing, it could be the biggest financial disaster of all time.

#### Solution

Insist on a current statement of your accounts, dealings and ownerships from every financial institution. Especially from your bank, credit union, building society, or wherever you have your fortune stashed.

White collars crime, now updated to cyberfraud, currently is estimated to cost the Australian community over three billion dollars annually. Wouldn't the confusion over the 'event' or 'nonevent' be a great opportunity to pull a cybercrime?

#### SUMMARY

No one has ever had such a problem present itself before. All hope the measures taken will be adequate, but what if they aren't? Don't be complacent, take responsible measures to lessen any impact. Remember, if nothing important happens, what has it cost you to prepare?

My laptop, used mainly for word processing, such as writing this article, is never connected to any other computer or network. So I am not only immune to viruses, but am date compliant for my hard-drive date has been turned back to June 1980. The machine (or I) will be well and truly worn out by the time its millennium arrives.

I live on solar power, have rainwa-

ter storage, a septic toilet, a productive vegetable and orchard area with plenty of dried and preserved foods. And there's a can of cash hidden close to the guard dog. The best advice I've heard is: Prepare for the worst, hope for the best and shop early for Christmas.

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Those on the net can visit:

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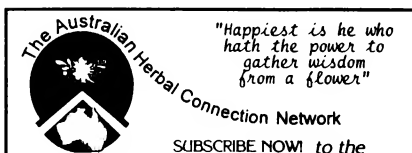
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# SHARPENING TOOLS

by Ken Cooper, Murrurundi, NSW.

Tools are made from a variety of steels: pressed steel, as in Dutch and chipping hoes; cast mild steel, as in mattocks, pick axes and picks; cast carbon steel, as in drill bits; or carbon or tungsten steel cutting edges on a cast steel handle or 'holder'. There are two good reasons for the latter. To make an entire tool from high quality special purpose steel would be too expensive, and the tool steel holder tends to soak up more shock when impact from a hammer or motor occurs. A good example of this is a router bit. If it hits a nail at high revs the tungsten tip shatters, but the handle or holder does not, so that a new bit of expensive tungsten can be fixed to it, at less cost than a completely new tool. An ordinary drill bit will snap under adverse conditions, but can often be sharpened if any length of tool steel remains. This can happen if the drill jams and the motor keeps turning it.

## PRESSED STEEL

The first sharpening or 'setting up' of pressed steel can be done with a file, because pressed steel is softer than the carbon steel in files. Pressed steel will bend relatively easily and can be straightened with a hammer and anvil without heating, unless the tool is very cold. Under frosty conditions it is best put in the sun or brought inside to warm up first. Generally, a 25 or 30 centimetre mill bastard file is suitable. This file is flat with one line of cutters across the face. It is used only on the 'away' stroke, then lifted clear of the surface and returned on the 'back' stroke. If you use it like a scrubbing brush it will quickly act like one because the cutting edges will be broken off the file. An engineer's file has two lines of cutters and is usually used to flatten surfaces. A rasp has cutters turned up individually and is used for horses' hoofs or wood.

Both Dutch and chipping hoes are designed to slice the weeds off on the surface of the soil or slightly under it, so the cutting edge is on the top side. If it is

put on the bottom side the angle will tend to force the tool to the surface, or ride high. The Dutch hoe is pushed away from the operator and there is not that much physical control over the direction it goes. So keep the leading or cutting edge straight and the corners square. A rounded corner tends to drag the blade to one side and that is where your most prized plant is situated! The same goes for your chipping hoe, which is used towards the operator. The corners are even more important, because they are used to wrinkle out weeds in tight corners and bindi-eyes in lawns, leaving minimum disturbance. The smoother the cutting edge the easier it will slide through the soil and roots, so polish the sharpened edge with an oilstone, keeping an angle of approximately 20 degrees. If the ground is stony, an angle of 25 degrees will last longer.

## Oilstones

Oilstones, or 'carborundum' stones on the packet, are usually oblong with a smooth side and a rough side. If you want a quick grind, use kerosene on the rough side, and finish up with a light oil on the smooth side. A case made of light pine, one that doesn't split readily, will protect the stone from damage and dirt and help to hold it on the bench without slipping. I used a rough-sawn piece of close-grained Oregon 100 x 50 mm, sawn down the centre into 100 x 25 mm, then drew the outline of the stone on each side. Then I chiselled out the waste to a depth equal to slightly more than half the depth of the stone and encased the stone. The wood soaks up the kerosene and oil, and can be opened to expose the side needed. I clean the stone when needed with kerosene, rinse it in more clean kerosene so the pores of the stone, clogged with oil and steel filings, become clean and sharp again.

## Grindstones

If you are lucky enough to have a proper grindstone, or wet stone, use this

on your hoes, knives, axes and to finish your chisels. This stone is lubricated and cooled with water, either in a trough in which the bottom of the stone is immersed, or poured from the top with an adjustable tap or even a jam tin! Many good axemen are the proud-possessors of a genuine old grindstone, and there is no shortage of young fans to turn the handle at woodchopping shows! Most meatworks have a large motor driven one for sharpening slaughtermens' knives and they are well patronised during breaks and smokos.

## Cast Mild Steel

The cast mild steel of mattocks, picks, gads and crowbars is best 'drawn out' in a blacksmith's shop. A bench grinder would give them shoulders that a weightlifter would be proud of, and you would need to be as fit as one to drive them into the ground.

The head of the tool is heated up for about 15 centimetres to straw coloured and the point is hammered out on the anvil, starting well back from the point, and 'drawn out' until it becomes thinner in the blade, evenly, to the point. Then it is brought up to cherry red in the forge again and quenched quickly in a bucket of water to harden the metal against wear. The points of crowbars are driven into a muddy patch of earth to cool them after the quenching. Gads are quenched in oil to harden them further. This treatment does tend to make the steel brittle, so is not generally used for crowbars.

## CARBON STEEL

Carbon steel is usually sharpened on a bench grinder. This travels at high speeds and has no coolant or lubricant, so the tools should be only sharpened in short bursts, as overheating will occur and the temper of the high grade steel will be lost.

## Bench Grinders

Bench grinders generally have a rough stone or disc on one side and a



smoother one on the other. The size is generally about 20 centimetres and they can be used to hollow grind the cutting edge of wood chisels so that the waste wood will clear the chisel more easily. It also makes the next few sharpenings easier and quicker as a quick rub back and forth along the oil stone will suffice. Use at an angle of 20 degrees for soft pine, as a thicker bevel will bend or tear pine fibres instead of slicing them. Hardwood is harder and more rigid so a more robust edge can be used, about 30 degrees for say ironbark or 25 degrees for others. Experience will teach you.

Bench grinders often have a little groove at an angle on one tool rest. If you lie the drill bits in this, it will give you the right angle to sharpen the bit. Spin the bit in your fingers and apply it lightly to the face of the grinder tail, working up to the cutting edge in one even twist. Once on each side to keep them even should be enough. If they aren't equal, one side will get all the work, making the drill more likely to jam and snap as it comes out of the other side of the workpiece.

#### COLD CHISELS AND GADS

Cold chisels are in a class of their own. The usual type starts off as a mild steel bar, is drawn out to shape in a forge, quenched in oil to harden it (from straw colour), then reheated to cherry red and quenched in molten lead to toughen it. Gads are really a cold chisel type with a longer body. Sharpen these at 40 degrees both sides on the bench grinder, being careful not to overheat them.

#### KNIVES

A boning, filleting or carving knife, if you don't possess a wet stone, is best

sharpened on an oil stone, rubbed across the stone in a straight line, point first, in one continuous movement, with the edge at a slight angle, 15 or 20 degrees at the most. The same applies with 'shoulders' as applies to other tools, except that the extra pressure needed to cut through the roast or joint can put the blade in some very strange places when it eventually comes through the other side. Blunt knives are the cause of many accidents and if there is a 'shoulder' behind the sharp edge, more stitches could be needed. Those little sets of wheels on a handle that allegedly sharpen a knife when it's drawn through them are classic causers of 'shoulders'.

#### CURVED CHISELS

For curved carving and wood turning chisels, a shaped oilstone is used to polish the inside of the curve. It has two straight sides and two sizes of curved ends. It is usually used with oil.

#### AXES AND SCYTHES

For a quick rub-up for an axe a round stone is carried. It too has a rough and smooth side and is generally lubricated with water or spit. Then for a scythe, which has a very thin blade, almost like tin, a rather rough stone shaped thus is held by one end and drawn along the blade to rub out any small dings and put an edge on it. In an emergency, the round paper or cloth disc which fits on a rubber disc in an electric drill can be used, but the revolution of the disc must travel from the head of the tool across and away from the edge, otherwise it will catch and either drag the drill off course or jump anywhere. Not recommended.

## The Permaculture Research Institute

[www.permaculture.org.au](http://www.permaculture.org.au)

PRI is a Non-profit Corporation based at Tagari Farm, the 147 acre property designed and developed by Bill Mollison as a permaculture demonstration and teaching site, featuring 48 dams and several kilometres of swales, located within the crater of Mount Warning.

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## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

### NATURE'S WONDER DRUG

*Tribulus terrestris* is commonly called puncture vine or caltrop fruit and grows in tropical regions. Like most medicinal plants, it has been used in various ages by various cultures. In its modern form tribulus is a herbal alternative to synthetic anabolic steroids. Claims made for tribulus include improved muscle building; stamina and endurance, and stimulation of the immune, sexual and reproductive systems. It also has a mild diuretic effect. It is said to be an aid for chronic fatigue, and to be effective in reducing cholesterol, improving blood circulation and liver function and relieving insomnia, among other things. It is available in capsules containing 1000 mg of dry fruit and 1000 mg of the dry root, which sell for \$37.50 for 60 (including p & p).

**For sales or further information contact: Phyto-Life, PO Box 550, Nerang 4211.**

### WATER SAVING DISCS

Handi Homes Water Saving Discs are a simple and inexpensive way to make everyone in your house water conscious. They are small specially designed button-like devices which are easily fitted in to your tap or shower. They reduce water flow by up to 50% and so considerably reduce water wastage and save you money. Available from hardware stores for approximately \$6.95 for two discs.

**Contact: Handi Home Supplies, 50 Longview Crt, Thomastown 3074. Ph: 03-9466-1611.**

### KITCHEN POWER

OzKleen has recently released their new all-purpose kitchen cleaner – Kitchen Power (also the makers of ShowerPower). It contains none of the chlorine, ammonia or phosphate that are found in many grime removing kitchen products. Its effective ingredients are citrus extracts and natural fragrance extracts. Importantly, it is completely biodegradable so you can have clean, grease-free bench tops, sinks etc without contributing to water pollution. Kitchen Power is available in a 500 ml trigger bottle which retails for \$5.99 and refills are also available for approximately \$4.89. All major supermarkets stock these.

**Contact: OzKleen, 20 Old Pacific Hwy, Yatala 4207. Ph: 07-3807-7777.**

### NATURAL PET FOOD SUPPLEMENT

Optimum nutrition is one of the best forms of disease prevention, and this applies to our pets as well as to us. Companionz Miracle Mix is a natural pet food supplement for dogs, puppies, cats and kittens. It has been designed to be used in conjunction with an exclusively raw food diet, and contains rice bran, linseed meal, sunflower meal, carob powder and kelp. It provides vitamins, minerals, trace elements, fibre and fatty acids in a convenient premixed form and, when used regularly with whole raw food, builds a healthy immune system. Companionz Miracle Mix is sold in 500 g or 1 kg bags, has a shelf life of 6 months, and should be stored in the refrigerator.

**For further information contact: Beachside Grooming, 32 Talinga Ave, Kiama Downs 2533. Ph: 02-4237-6380.**

### SAFE DISPOSAL OF USED COOKING OIL

Upper Hunter Packaging, an Australian owned and operated company, have introduced a product designed to encourage the safe disposal of used cooking oil.

Oil Sorb is economically priced, simple to use and ensures that oils are not poured down sinks or hosed into sewage outlets. Oil Sorb comes in a 500 g cardboard container and is capable of holding 600 ml of waste oil. To dispose of your waste oil you simply open the container, pour in waste oil, and the particles in the container absorb oil. When full, the Oil Sorb container makes an excellent fire starter or fuel block and is capable of burning for approximately 60 minutes under normal conditions. It will leave an oil-free block of solid waste material which can be mixed with the ash and disposed of in your garden. Alternatively, Oil Sorb can also be disposed of with normal household garbage.



**For more information or sales contact: Upper Hunter Packaging, 112 Redmanvale Rd, Jerrys Plain 2330. Ph: 02-6576-4245. Fax: 02-6576-4247.**

### GARDEN TO GARDEN

Here is a great range of products available to the gardeners of NSW. An initiative of Waste Service NSW in conjunction with leading compost manufacturers and local government, Garden to Garden is the brand name of a range of organically based products which contain recycled green waste collected from parks and domestic gardens. All Garden to Garden products – mulches, composts, soil mixes and conditioners are tested by independent soil laboratories to ensure they meet the requirements of the relevant Australian standard. They are uncontaminated with pesticides, pathogens, weed seeds etc. Some of the products are available in carry away bags and in bulk amounts, some are only available in bulk. The product range includes composts and soil conditioners, potting mixes, top dressings, landscape soil mixes, garden mixes and mulches.

**Contact: the various manufacturers involved – Australian Native Landscapes, ph: 02-9629-2144; Amgrow/Envirogreen, ph: 02-4722-9322; Growmix, ph: 02-4774-8899; Materials in the Raw, ph: 02-9773-1200; or Waste Service NSW, ph: 02-9934-7000.**

### RELIEF FOR SCALP DISORDERS

Peppermint's importance is firmly enshrined in folklore and the practice of using peppermint for health benefits has been around for thousands of years. Head to Head's Peppermint Hair and Scalp Treatment features a blend of peppermint and other essential oils in a gentle aloe vera base. It is designed to cleanse, soothe and medicate a variety of scalp disorders such as psoriasis and seborrheic dermatitis. With both these scalp disorders a regular treatment is necessary to kill bacteria and keep the scalp clean. The product claims to ease the symptoms of these conditions and stimulate blood flow across the scalp. It is also useful for the relief of stress related headaches, jetlag, and hangovers. The peppermint aroma helps clear the sinuses and soothe the mind and the product is said to promote hair growth.

**For further details contact: Head to Head, Hair and Body, 102 Centenary Hts Rd, Coolum 4573. Ph: 07-5471-6696.**

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. Titles described can be ordered through your nearest bookstore.

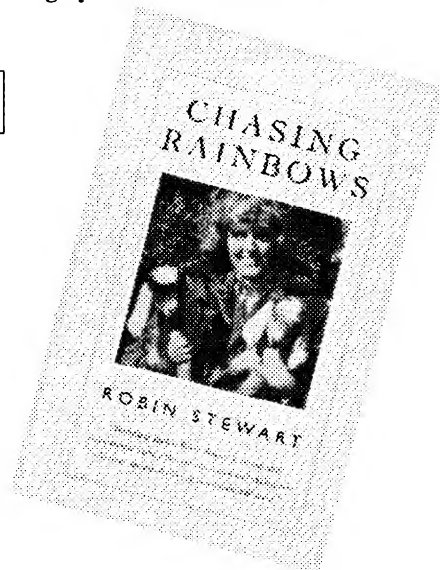
## ★ FEATURE TITLE ★

### CHASING RAINBOWS – Robin Stewart

This book is an autobiographical account of one woman's experiences with a life-threatening and chronic illness resulting from pesticide poisoning. It takes readers through her ten-year exploration of alternative and traditional medicines looking for health. Healing modalities tried have run the gamut from conventional operations to all manner of alternative physical and spiritual therapies, all described with openness, compassion and gentle humour. Despite the pain and suffering described, this is fundamentally a story of hope and resilience and as such will inspire

anyone challenged with ill-health and difficult diagnoses. The author's great love of animals is woven throughout the book in anecdotes illustrating their importance in her life and the benefits she has felt from this close rapport. She has previously written a number of books including: *Robin Stewart's Chemical-Free Home* and *New Faces: The Complete Book of Alternative Pets*.

P/b, 246pp, Bookman Press, 227 Collins St, Melbourne 3000. Ph: 03-9654-2000. RRP \$19.95.



### SHY BOY

#### The Horse That Came In From the Wild

Monty Roberts

Monty Roberts, well-known horse whisperer, has been working with horses for over 50 years. His special methods for communicating and working with horses have been described in detail in another of his books, *The Man Who Listens to Horses*. This new book tells the story of a particular wild horse, Shy Boy, who Monty recently worked with over a journey across the Nevada desert. The magnificent full colour photos vividly tell the story in conjunction with the text. Horse lovers in particular will relish the story and the pictures.

H/b, 240pp, Harper Collins, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP \$24.95.

### WORM FARM MANAGEMENT

Eric Wilson

This is a practical and comprehensive guide to worm farm management for the use of both home gardeners and big commercial producers. The underlying aim of the guide is to help readers know the behaviour of worms and so use that knowledge to their advantage. The author runs the Australian Worm Growers School in Sydney and in this book he discusses all aspects of farming for successful production – setting up, bedding systems, breeding systems, husbandry practices, feeding, watering, harvesting, castings, performance indicators, problems, pests etc.

P/b, 111 pp, Simon & Schuster, PO Box 507, East Roseville NSW 2069 Ph: 02-9415-9917. RRP \$16.95.

### QUICK KIDS QUILTS

Juju Vail

Have you ever wanted to make an heirloom for your family? A quilt for a baby or child can be such a beautiful and useful one. This book describes in step-by-step format with clear photos and illustrations, a range of quilt styles and patterns that will inspire you. Instructions and templates for cradle quilts, cot quilts and single-bed quilts are included.

P/b, 128pp, Simon & Schuster, PO Box 507, East Roseville, NSW 2069. Ph: 02-9415-9917. RRP \$ 29.95.

### THE BOOK OF CHAKRA HEALING

Liz Simpson

Chakras are an ancient Indian system describing the seven centres of spinning energy that help maintain a person's physical, mental, emotional and spiritual balance. This book is for anyone wanting an informative and practical guide to understanding the chakras and the practical means of incorporating them into daily life. These practical ways to heal and address balances include colour, ancient myths, archetypes, body exercises, crystals, meditations, visualisations and affirmations. Inspiring collage images dominate the book which is divided into sections by colour – the colours associated with each chakra. A beautiful and practical book.

P/b, 143 pp, Simon & Schuster, PO Box 507, East Roseville NSW 2069. Ph: 02-9415-9924. RRP \$29.95

### FROM STILETTOS TO GUMBOOTS

#### The troublesome transition of a public servant to a 'bushie'.

Marcia Macartney

This little book is a collection of short stories relating the trials and tribulations of a couple of city dwellers coming to terms with life in the country. *Grass Roots* readers who have planned or made their escape from the city are likely to be amused by these tales.

P/b, 51 pp, Mountain Mist Images, PO Box 164, Tumbarumba NSW 2653. Ph/fax: 02-6948-3080. RRP \$9.95 incl p&p.

### GARDENING ON A SHOESTRING

Helen McKerral

Many of us have experienced the frustration of gardening plans and dreams being hampered by lack of funds. This is a book to help you get around this problem. The author describes ways to find bargains, incorporate low-budget design factors, recycle resources, use cost-effective sprays and products, save on water bills etc. The appendices contain a number of useful contacts to further help the cause.

P/b, 125 pp, Hyland House, 387-389 Clarendon St, South Melbourne 3205. Ph: 03-9696-9064. RRP \$19.95.

# Super Seedling Starter

by Berni Moolenschot, Westbury, Tas.

It's that time of the year again, and gardeners in colder areas, myself included, are developing itchy fingers and thoughts are turning to summer vegetables. After years of trying to get an early start with tender vegies such as watermelon, rockmelon, capsicum and tomatoes, all of which need longer growing seasons, and watching them fail dismally, I've come up with a really obvious solution to a perennial problem. The technique involves combining several methods and using that most basic and practical piece of equipment, the ubiquitous combustion stove!

Many kitchens in colder climates have a combustion stove that's generally in use during the cooler months. If you're like me, you will have the odd metal tray or old bread baking tin sitting around, not good enough to use but too good to throw away. Combine this with a son's school project that brought to mind the good old sand baths we used in our chemistry lessons, and you have the means of easily propagating the most choosy of heat-loving vegetables.

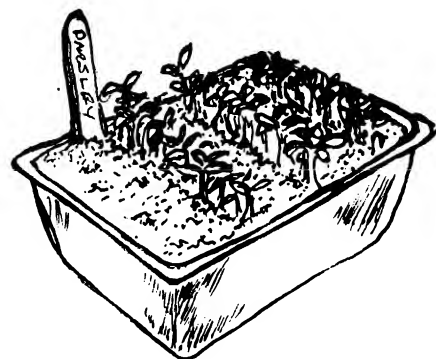
I'm going to show you how to make an easy plant propagating unit for use with either seeds or cuttings, one that requires no electricity or fuel to run, and is safe. The shop-bought units are extremely expensive for what they are and, in the back of my mind, I'm always worried about the

danger of electrocution!

By referring to the diagram, you can see that it is simply a matter of half-filling the metal tray with sand, placing the seed punnets on top of this sand, and packing more sand around the edges of the punnets. If the tray you choose is large enough, several punnets of seeds can be germinated using the bottom heat generated from the combustion stove. It's easier to plant the seeds into the seed-raising mixture first, then transfer them to the sand bath. I've also found that a layer of presoaked coconut fibre on top keeps the seedbed moist and aids seedling emergence. Once everything is set up, it's simply a matter of transferring the sand bath to the stove top of your combustion stove, generally the coolest part of the stove is more than adequate for germination. Using this set-up, the cucumber and rockmelon seeds germinated in three to four days, they generally didn't come up at all when I placed them on the windowsill as I used to.

The most important things to remember are:

- The metal tray/container to be used should be about twice the depth of the punnet you're using. If the punnet is too close to the bottom of the tray, the plastic punnet could overheat and possibly kill the seeds; if it's too far away, the seeds won't benefit from the heat. Choose one large enough to



hold several seedling punnets at once.

- Temperature is important, monitor this using a metal/meat thermometer. Generally the coolest spot on the stove top is more than adequate.

- Sand is used as the insulating/heat transfer medium, as it is cheap, readily available, nonflammable, and holds the heat extremely well. If you wish to substitute other materials, keep in mind that they should be nonflammable and easy to handle.

- Once the seeds have germinated, they must be moved either to a warm, protected windowsill, a warm greenhouse/glasshouse, or kept under fluorescent lights (my preferred option, as fluoros don't use a lot of power and the seedlings develop exceptionally well) until they can be planted out. Just treat them with TLC as you would for any seedlings.

Timing the planting of seeds is also critical, you need to know your last

Figure 1: Side View

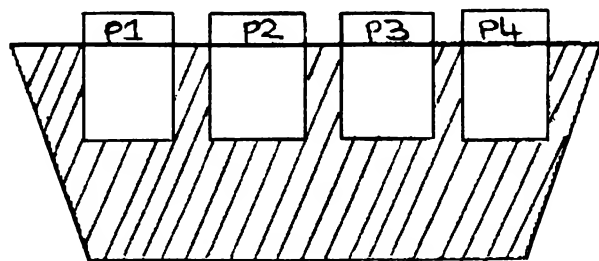
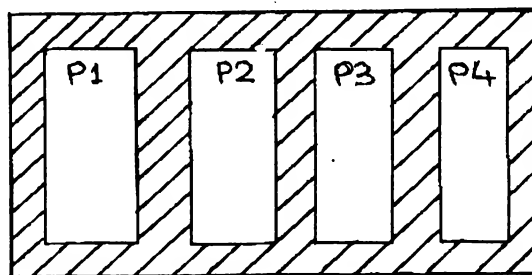


Figure 2: Top View



The sand bath propagating unit – shaded areas indicate sand  
P1 - P4 are seedling punnets.

frost date, and work backwards from this. There's little point in having a healthy crop of seedlings and being unable to plant them out in the garden.

This is a basic timetable to give you an idea of safe indoor starting times for seeds of spring planted vegetables (courtesy of Nancy Bubel's *Seed Savers Handbook*).

- Onions, sow 12 to 14 weeks before safe planting out date

- Peppers/capsicums/eggplants, may be planted 8 to 12 weeks before the date of the last expected frost.

- Tomatoes, 6 to 8 weeks before the last frost.

- Lettuce, 5 to 6 weeks before the safe date to plant out. Lettuce need not be frost-free, but seeds do need pre-chilling in fridge for a few weeks before planting.

- Cole crops (cabbage, broccoli, collards, etc), 5 to 6 weeks before the safe planting out date (after danger of severe weather has passed but while nights are still cold).

- Cucumbers and melons, 2 to 4 weeks before the last expected frost, but don't plant out until the weather is warm and settled.



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# WHAT'S SPECIAL ABOUT YOUR LOCALE?

## FRENCH ISLAND

by Del Skinner, Somers, Vic.

Half an hour from Melbourne's outer suburbs, the ferry to this treasure trove awaits you. When we first bought property here, friends thought it was a tropical island. Being in the middle of Westernport Bay, Victoria, tropical it is not, but exotic it is.

This is the place that time forgot. There is no mains power or water, no bitumen or concrete, and buildings are few. There is one general store, which has the only commercial sign, a welcome ice cream one. The island is 17,900 hectares, accessible only by boat, has 70 to 80 residents, and is forever quiet and peaceful.

A large area, 11,000 hectares, of it is National Park – glorious bushland including heathlands, extensive wetlands, a secret rainforest and koalas outnumbering people thirty-to-one. The remainder of the island is rolling farmland with beautiful views, lovely beaches and pristine mangrove swamps.

There are old chicory kilns dotted around the farmland and Devonshire teas served in one of them. There is a tiny primary school of six students, a cricket club, and a community hall. There is no council and a community association runs the island. No rates, no power bills, no water bills. Unique! Paradise!

## COOMA

by Barbara Johnson, Cooma, NSW.

Cooma is a relaxed and friendly country town with the bonus of tourism. It is a major supply and service centre for the surrounding farming and tourist population. Cooma residents reap the benefits of this by having more and better services than most country towns. We have cultured Canberra, magnificent mountains, lakes and beaches, snow and water sports, all within 1½ hour's drive.

The Snowy Mountains are intriguing, challenging, dangerous and very, very beautiful. It's cold here in spring, but exciting when the green and brilliant coloured tips of plants burst through the frost. Summer days toast us, yet the evenings cool down for excellent sleeping. Autumn develops intense leaf colours then blows them away, preparing us for winter's freezing white blanket.

Our scenery is like no other in the world. Gnarled, twisted snow gums that have won their slow battle with our climate epitomise our native flora. They will capture your respect when you see how they force their way between the massed razor-edged, freezing rocks that form Mt Kosciuszko. The Snowy Mountains are always a visual and sensual feast as the photo below epitomises.







# DOWN HOME ON THE FARM

by Megg Miller.

'Where did that come from?' I asked, astonished at the sight of a young lamb trotting along behind the dog. A friend had stopped by with a phone number and we had walked up the drive and into the old office in search of pen and paper. Returning outdoors, we were confronted with the sudden appearance of the little lamb. 'This is incredible, where did it come from?' I repeated, aghast at the discovery. The friend looked mighty mystified. Turning to him I said, 'You probably think I make everything up in 'Down Home on the Farm', but I don't. Just look at this, isn't it weird.'

Not five minutes previously I'd shouted at the dog for her tardiness in leaving the bushes on the opposite side of the road. Traffic is light here but I don't like her crossing the road. In the end I'd left her there and walked along, talking with the friend. The dog had returned, but with a 2-3 week old friend. For one wild moment I thought the old sheep had surpassed herself, but the robustness of the lamb pointed to more than day old. As well, the old sheep could be seen surreptitiously peering around a gatepost, curious, no doubt, at the sight of kin, but cagey enough to keep out of sight in case the lamb claimed her. Her previous experience as a surrogate mother had obviously scared her.

The lamb, we guessed, had got through the neighbour's fence and was in the bushes when discovered by the dog. The flock were a short distance away in the paddock, but mother sheep must have been unaware of her offspring's absence as there was no frantic calling out. Maria, with her thick white coat, clearly confused the lamb and it had willingly followed her over the road and up the driveway to the doorway of the old office. Poor Maria was at a loss as to how she should behave. When she lay down to contemplate the situation, the lamb stood close by. Later, when she moved off into the shade the lamb obediently followed. She couldn't shake it off. By now the guineas were shrieking, alarmed at the presence of the newcomer, and several territorial ganders were hissing and posturing. The visitor with the phone number? He

had left rather speedily, aware I'm sure that he was in the running for fostering the lost lamb.

When the time came to leave for work it was apparent the dog had finally given the lamb the slip as it was quietly wandering among the chooks. The ensuing chase and capture of this little creature is best not detailed. Enough to say the lamb was returned to the flock and that it took at least five minutes before a rather vague ewe went through the actions of claiming it. As I walked back up the drive, empty handed, I was very tempted to call out to the dog and sheep, 'You can come out now - it's gone'.

Spring has been bursting forth here for weeks, in fact long before the official first of September. The fruit trees have been laden with blossom, a gorgeous perfume from an old variety of buddleia has been pervading every nook and cranny, and out in the paddocks rampant capeweed and mallow are taking over. The ride-on mower is having the vapours as usual and I've had to let the big paddock go, but if the mower doesn't get going soon I'll need a map to find the pig pen. The pig has been the recipient of barrow loads of garden weeds, in fact I've done so much weeding that I can hardly use my right hand. When someone went to shake hands yesterday I had to say, 'Please - no, my hand's too sore, but nice to meet you'. I've got on to using the left hand now, but my goodness, there are still a lot of weeds to be pulled. Yes, they could be smothered, etc, but what about the pig? She does like her greens.

I too have been enjoying home-grown greens, including some very tasty rocket. I'm partial to the hot and bitter varieties of greens like rocket and chicory and make up an irresistible salad with them that includes diced pear, grilled walnuts and blue-vein cheese. A tart dressing really complements it. The broccoli seedlings this winter were planted out between wire netting I'd used last summer to protect the tomatoes and for the first time ever I harvested it without a single sign of cabbage butterfly. The broad beans, always a

favourite, are late but I have my fingers crossed they will bear before the heat strikes.

Tidying up inside one day during winter, a couple of old tins of seed packets come to light. Most were years past their use-by date and had to be thrown out, but a few packets I put aside in the hope they were still fertile. At the moment an impressive line-up of seedling punnets can be found on the verandah. They're sitting under an old windscreen for warmth and protection and, would you believe, the strike rate has been surprisingly good. The real problems will arise later when they need to be grown out, but I dare say the weldmesh mini-frames will be put to use to keep off destructive chooks and possums. At least they won't suffer from a lack of water this year.

Remember my flashy, new, colour co-ordinated tank, the one with the sand base I sweated and swore over prior to its arrival several months back? I postponed filling the tank, hoping for a cloudburst to flood the dam. When the sky was still blue a few weeks later and the pump lifting murky water from the dam I knew it was time to act. I rang and ordered a milk tanker of water. 'We'll be out your way Friday?' Just perfect, I thought, and the tank was indeed filled as quoted. Early Sunday morning it started raining and bucketed down all day. Tuesday when I went out on to the verandah to empty the coffee grains, I noticed a sheet of water in the paddock next door. Bugger! I'd purchased water and now it was to be had free! The dam was in the process of being flooded. I can't remember when it had last filled up. Despite the fact I had the bore pumping water into it last summer the level was always lowish, the result of my continual usage and daily evaporation. It was full by evening with the excess water banking up to form an aquatic playground for the geese and visiting wild ducks. The melodious croaking of frogs was a welcome sound and one not heard for a couple of years.

I've been finding eggs in the oddest places around the farm. Some chooks, it would appear, haven't the time to

rush off to a nest to lay, and so they just drop their eggs wherever they are at the time. Each night I 'rescue' four or five eggs, along with collecting those conventionally laid in a multitude of boxes around the farm. Mostly it is the chicks that are 'taken short' and just occasionally a goose or guinea fowl. Rarely do I find a turkey egg lying unclaimed. Despite their reputation for silliness, turkeys are cunning when it comes to egg lay and if they don't go bush and hide their nest they take over a comfortable, straw-lined box in a shed, amass a few eggs and then squeeze out any other bird that has designs on laying there. The turkeys are persistent sitters but don't usually peck and bite like many clucky chicks. My hens are just starting to be broody now and so there will be much pecking ahead as I try and substitute purebred eggs for the motley lot they have invariably collected. I swapped eggs under one young broody setting up the paddock near the pig pen and she was so affronted by the interference that she didn't return to the nest. An older hen that chose a box on the bins in the feed shed couldn't have cared less. I lift her off her eggs every other day in case additional hens are laying and adding to the clutch and also because I know she won't leave the nest for food and water unless forced. Henny has become so quiet I have to watch where I walk or I could injure her. Let's hope the introduced eggs hatch or I'll be receiving some very reproachful looks.

And what of my favourites, the geese? Of course I didn't get around to selling off all I had hoped so there are still too many here. As well, a number of females went, leaving a disproportionate number of boys behind. Some, I'm afraid, will have to go for the

table, others will be luckier as a few people have enquired about obtaining ganders. The rest may just manage to evade detection as there are sitting geese ensconced in every available safe spot. For a month or two their management is easy - leave out food, top up water bowls and keep out of the way. Those not sitting take themselves down to the dam in the morning and are in bed asleep when I get home. The first goslings are due soon so this quiet period is merely the lull before the storm. Then all hell will break loose.

While I'm pottering around picking up eggs, weeding the garden, or rushing off to work, enticing postcards are arriving from Greece, Italy, Spain and France. 'The alps were fantastic and there were chicks in every village. We visited art galleries you'd just adore. This island/beach/mountain... is really you!' My Sunshine is touring Europe for a couple of months and is having a fantastic time. I swear she has visited every cultural icon on the Continent. It sounds wonderful, but she and friend Marcel are backpacking, camping and getting around by public transport. Do I not recall my blisters and aching feet from our trip together, the weight of our bags, and her insatiable intent to see every last painting, sculpture and column on show? Actually it's nice to sit on the verandah in the gentle sun and share the world through postcards and email. I'll let you into a secret too - this time it's her feet that are blistered and bleeding. Would it be karma do you think?

# PENPALS

I am 44 years old, love camping, fishing, motorbike and horse riding. I would like some female penpals. I am in jail until the end of the year. I look forward to answering all letters.

**Kym Hagean**

**Locked Bag 2000, Richlands 4077.**

Hi, my name is Freya. I am 7 and I would like a female penpal, aged between 7 and 9. I play the piano, I am good at swimming and gymnastics. I live in the southern part of Sydney. I like reading and dolphins are my favourite animal. I am home schooled.

**Freya Dellagiacoma**

**C/- GR, PO Box 117, SEYMOUR 3661.**

My name is Bethany, I'm looking for a penpal aged between 11 and 13. I enjoy swimming and dancing. My favourite animal is a bird. I collect crystals and stickers. I will reply to all letters.

**Bethany Wood**

**C/- GR, PO Box 117, SEYMOUR 3661.**

Hi, my name is Fee and I would like to have some penpals. My interests are playing netball, meeting new people, having fun like any 21 year old person would and I love kids.

**Fee Becquet**

**18 Kinkuna St, BUSBY 2168.**

I would like a penpal who collects stamps, preferably those in New Zealand or overseas. My name is Anna Morcombe and I am 12 years old. Male or female, I don't mind, any age, if you would like to swap stamps.

**Anna**

**C/- GR, PO Box 117, SEYMOUR 3661.**

Forty-six year old iconoclast, neither neo, pseudo or quasi, wishes to correspond with people to improve letter writing skills. Interests mainly literature & psychology, but can write a semi-erudite letter on just about anything.

**Denis Shepherd**

**PO Box 98, NIMBIN 2480.**

Hi! My name is Kirra. I am a 13 year old girl & am looking for a penpal 13-15. My interests include art, music, writing, reading, aromatherapy.

**Kirra Hambly**

**C/- GR, PO Box 117, SEYMOUR 3661.**

Hi! My name is Tahnee. I am a 10 year old girl. I am looking for a 10 or 11 year old girl to be my penpal. My interests include: art, bike riding, tennis, reading and especially drawing.

**Tahnee Hambly**

**C/- GR, PO Box 117, SEYMOUR 3661.**

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Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 136 is 30th October, 1999.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
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**Cost for advertisements is 80c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NYMBOIDA**, 35 mins to Grafton, 2 b/r mud brick house on 75 ac, mostly bush. Orchard, vegie garden, sheds, dam, pump, etc, etc. \$130,000 ONO. Must sell. Ph: Broni, 02-6649-4274.

**WEST WYALONG AREA** 36 kms, 5 ac, new 25 x 30 shed, concrete floor. Tank water, elec connected, ideal temporary accom, school bus, \$140 rates. Isolated peaceful living. No time wasters. No offers. \$40,000. Ph: 07-4127-1163, 0417-192-872.

**BEAUTIFUL NYMBOIDA**, lovely spot with river access. Good land, good road, close to school & village. Mud brick house - lots of space & light; solar HWS; town water; power; big garden; in-ground pool; lots of sheds; 16 ac internally fenced; huge trees & bush replanting. \$155,000. Ph: 02-6649-4109 evenings please.

**CAPERTEE VALLEY, NSW**, 102 ac, beautiful sandstone house fully restored, elec, ph, tank water, dam, crk, steel sheep yard & cattle yard. \$180,000. Ph: 02-9621-6169, fax: 02-9676-3823.

**NUNDLE**, 50 km east of Tamworth, comfortable older cypress timber house on 4 ac. Town water, septic, estab garden, f/trees, bird aviaries, chook pen, fish ponds, several sheds. Suit permaculture, handyperson, keen gardener. Beautiful area. \$70,000 ONO. Ph: 02-6769-3105.

**MOONAN FLAT**, 3 b/r house on 1 1/2 ac, close to Barrington Tops, f/trees, plenty of water, garage & workshop, front & back verandahs, primary school. Bus to high school. Great weekender. \$60,000. Ph: 02-6546-3128.

**WOOLGOOLGA, OLDER STYLE** 3 b/r house on 3/4 ac, ocean views, 3 mins to beach & town, 15 mins to Coffs Harbour, rented, we work in Queensland & would like to sell. Price neg. \$88,000. Ring Jutta for info: 07-4093-2733.

**URALLA, BARGAIN**, lge 4-6 b/r fibro home, 2 sunrooms, 2 attic rooms, very solid, needs some renovations. Five choice ac, plenty water, very private, power, ph, 15 mins Uralla. Suit self-suff, market garden. \$69,000. May accept vehicle, motor home to \$15,000 as part payment. Ph: 02-6778-7453.

**THORA VALLEY, BELLINGEN**, 1/2 share on 1200 ac, well-estab MO on beautiful Bishops Crk surrounded by nat pks. Old-growth forests, pristine water & lge areas of cleared land for personal & community use. Professionally built 2 b/r western red cedar home on elevated site. Community facilities incl tractor, estab vegie garden & orchards. \$125,000. Call Darren: 02-9337-2884.

**WOOLGOOLGA, NEAR BACK BEACH**, fisherman's old fibro cottage on 1/4 ac block, 2 b/r + sleepout, potbelly stove, f/trees. \$120,000 ONO. Ph: 02-6752-8440.

**MOONAN FLAT, NEAR SCONE**, 1 1/2 ac, fenced, power, shed. \$14,000. Ph: 03-9704-0197.

**TWEED VALLEY**, 437 ac bush block, once a dairy farm, 4WD access, superb views, flowing crks, easterly aspect, frost free, adjoins nat pk. \$235,000. Contact Colin, 03-9859-1227 evenings.

**IVERELL TWENTY-FIVE ACRES**, 4 b/r B/V Cape Cod + 1 b/r granny flat attached, 3 sheds, 4 tanks. Small orchard, 160 blueberries. All farming equipment, incl tractor 220 hrs, ride-on 5 speed. Suited olives, herbs etc. School bus 700 m, 6 km town. \$168,000 ONO. Ph: 02-6721-0123.

**NAMBUCCA VALLEY**, let's do it together, prepare for the Y2K now! Two x 1 ha neighbouring blocks, facing north side, elec, ph, 10 mins to beach. We are looking for people interested in preparing for the Y2K and who would like to be self-suff on their own land, with neighbours helping each other, biodynamic gardening, seed saving etc. Only \$60,000. Ph: 02-6568-1731.

**VERY ISOLATED, VERY RARE** and beautiful, 70 km west of Grafton, 40 ac on Cunglebung Crk, surrounded by state forest, the only freehold land for miles. Cabin 10.5 x 4.5 m. One b/r & bathroom, kitchen dining & lounge. Open plan with verandah, wood heater, generator. Solidly built & comfortable & fronting the crk with catfish. Spring-fed dam. Land is near level, rising to a shallow ridge & on to undulating, lightly timbered at the rear. \$75,000 - all offers considered. Ph: 019-381-887, 02-6657-2165.

**MID NORTH COAST - BOBIN** (west of Taree), 1/4 share in 122 ac legal MO. Only dwelling on property, structural engineers report, recycled pole frame with mixed in-fills, power, ph, unlimited water from crystal-clear crk. Needs finishing off. Great local community & school, bus passes gate. \$65,000 ONO. Ph: 02-6550-5011.

**COURIDJAH, NEAR PICTON**, 40 mins Wollongong, 1 hr Sydney, 10 ac hobby farm, strong hard wood, dual occupancy homestead. Run as German restaurant for 9 years. Fruit trees, city & tank water, fenced, s/yards, lge cannery incl juice press & tins. Tractor + all machinery & equipment are offered in WIWO sale. \$420,000. Ph: 02-4681-8791, 02-4681-9777.

**MID NORTH COAST**, 422 ac, 1 1/2 hrs SW of Kempsey, 4WD access, good crks & perm waterhole. \$62,000 ONO. Ph: 02-6569-7016.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**INLAND FROM EDEN**, 3 b/r home, sunroom, 2 living rooms, lge deck, gas h/w & cooking, spring water, workshop, on 1/2 ac, wonderful views, f/trees & gardens. \$75,000. Ph: 02-6496-7117.

**MID NORTH COAST**, 25 mins to Kempsey, 100 ac, 4 b/r a/c cottage, elec, ph, currently leased at \$120 p/w. Two x 5000 gal concrete tanks, 12 m x 6 m galv shed fully s/c, fully equipped bore, 2 dams, yards, pens. \$139,000. Ph: 02-4930-4758.

**INSTANT GRASSROOTS LIFESTYLE!** Thirty mins Taree. Remodelled timber dwelling with slate floor mud brick addition: 190 m<sup>2</sup>. Post/beam, cathedral ceilings/ french doors/ leadlights throughout. Established organic gardens & 20 f/trees on 1600 m<sup>2</sup> private block. Seven m pool, studio, sheds, etc. \$79,500. Ph: 02-6553-1541, or 02-6550-6589.

**DRAKE, NORTHERN NSW**, 1/8 share 1000 ac, forested, vendor finance. Ph: 02-6226-4773.

**TOWAMBA: EDEN** 35 mins, 40 ac bush retreat, 2 b/r home, outside toilet-bathroom, c/van, 2 dams, crk, ph, gas fridge, s/c/stove, o/fire, pump, generator, fenced. \$74,000. Ph: 02-6496-7016.

**BLUE SPRINGS**, 7 km from Nimbin at Blue Knob, 2 ac share in long estab sought-after secure MO. Beautiful 2-3 b/r council approved house, elevated position with views over valley, 1 ac of flat, grass with extensive well loved garden + fruit. Remainder forested rising to border Nightcap Nat Pk. Koalas in winter, fireflies in spring, paddymelons all year round. Excellent neighbours. \$89,000. Ph: 02-6689-1126, or 0408-776-338.

**ANDO NEAR BOMBALA**, long estab neat 3 b/r cottage with garage on 1/4 ac. Electricity, ph, all amenities. Tank & perm water. Sealed road, 1 hr to coast, 1 1/2 hrs to snow, 2 hrs to Canberra. \$28,000 ONO. Ph: 02-6297-3282.

**SOUTHERN TABLELANDS** 43 km NE of Crookwell, property with 256 ac of bushland & 12 ac of cleared area on slopes with stunning views across the Abercombie Valley. Attractive Colorbond house with 2 lge rooms, solar powered, ph connected. Small orchard, plantings of approx 400 lavender; varied herbs & gardens on approx 3 ac. Permanent spring + dam supply 38,000 gal water tanks to in-place irrigation system. Certified organic-in-conversion with BFA. Biodynamic practices commenced. Two vehicle Colorbond garage. \$170,000. Ph: 02-4844-3221.

**NORTHERN NSW**, amongst spectacular cliffs, character-filled lge 2-storey cedar/iron-clad house. Solar power HWS, 2-3 b/rs, on 2 ac. Gas fridge/stove, wood heater, 9000 gal water tanks, dam, separate c/port + 7 m x 6 m shelter. Unfinished, but livable. \$82,000 ONO. Ph: 07-3355-6634, 07-3350-5448.

**BELLBROOK**, 40 mins west of Kempsey, 2 b/r house & shed. Great verandahs & views, all town amenities, 1/2 ha, 5 mins from Macleay River. \$55,500. Ph: 02-6567-2007.

### PLACING AN AD?

See page 73 for details

**FAR NORTH COAST**, 20 mins Murwillumbah, 150 mins Brisbane, 18 ac, 10 mins school, shops. School bus passes property. N/E aspect. Unique pole/timber house, beautiful views, solar power, gas fridge, stove. Block completely fenced with many f/trees. Not part of commune. Company title. Two water tanks, 6500 & 1000 gal cap, perm dam, all-year perm crk on company block. Much more. Tractor with implements incl. \$149,000, owner's finance. Ph: 02-6674-2509, or 07-5536-2682.

**CORINDI, HOUSE, FOURTEEN ACRES**, ranch style, 3 b/rs, slate floors, shed, c/port, fenced paddocks, dams, cleared arable land, school bus. \$160,000 ONO or exchange unit Sydney. Ph: 02-9906-2214.

**KANGAROO VALLEY**, 100 ac of pristine bushland. Never-fail spring, waterfalls, fertile soils, r/forests, orchards, unique microclimate perfect for permaculture. Sweeping valley views. Complete privacy, 160 km south of Sydney. \$280,000. Ph/fax: 02-9960-4712, mobile 0409-209-909.

**GLEN INNES**, approx 40 sq all brick home on 5 fertile ac, 4 km from town, overlooking valley. Huge kitchen with w/i pantry, indoor gas bbq, elec stove & s/c/stove. Four b/rs, study & studio upstairs with dormer windows, family room, lounge with o/fire, library, & lge shed, town water. Asking \$225,000. Ph/fax: 02-6732-5040.

**FOR SALE, FOUR BEDROOM** house on 1 ac. Halfway b/w West Wyalong & Lake Cargelligo, on main rd. Power, ph, water tank. Plenty of sheds, 10 mins to shops. \$28,000. Ready to occupy. Kathleen Patterson, Weja Siding, Via Ungarie 2669. Ph: 02-6975-9039.

**COPMANHURST: FIVE ACRES**, cleared house site, close to power/ph, 5 mins Copmanhurst & Clarence River; walk to bus, 1/2 hr to Grafton. \$35,000. Ph: 02-6656-1793.

**CAMIRA CREEK**, 443 ha, 58 km sth of Casino. Very private, 3 b/r, open plan kitchen & living area. Weatherboard construction with tin roof. Sealed wooden floors. Needs some TLC. Six m x 24 m shed, 2 bays closed with concrete floors, 2 open. Mains power to house & shed. 2000 & 4000 gal tanks. Approximately 170 ha grazing on flats & valleys, rest timbered ridges. \$190,000 ONO. Ph: 02-6661-9153, avoid 7-9:30 am/pm. Email wbrener@nor.com.au.

**MID NORTH COAST**, Bobin Creek via Wingham, 35 mins Taree, 1/4 share in 295 ac. Beautiful bush, crk, timber & views. Four b/r, open plan, 2 storey w/b all electric home. Phone, school bus, local school, great community. Creek frontage, 20 ac all fenced, f/trees, sheds, good soil. Currently rented for \$125 a week. Private but not isolated. \$85,000 ONO. Vendor finance considered. Ph: 02-6559-3232.

**LAND TWENTY MINUTES FROM WINDSOR NSW**, 40 ac with running water and lge trees. North facing building site. Some flat land. Surrounded by state forest. \$80,000. Ph: owner, 02-4575-5242.

**MURWILLUMBAH TWELVE MINUTES**, 35 mins Gold Coast, 100 ac, 3 b/r house, lge studio & sml mtn side retreat hut. Established orchard, 8 ac of fertile river flats & r/forest. Income producing ORGANIC TOFU BUSINESS (optional). River frontage, excel swimming hole, great mtn views & privacy. Independent of grid. \$267,000 ONO. Ph: 02-6679-3117.

**YOUR OWN PIECE OF PARADISE:** 620 ac in the NE Warrumbungle Ranges, Coonabarabran. Picturesque 365 degree views from most of 5 lge hills/mtns. It has a dwelling ready to move into with solar and wind power. No more elec bills. A back-up generator, 9000 gal water storage, a dam & all modern facilities. The only thing the place needs is YOU. A steal at only \$110,000, or make an offer. For a 'fact sheet' ring Elizabeth now, before you miss out on this offer, on 07-4786-6616.

**SOUTH COAST: TUROSS RIVER FRONTAGE**, 130 ac backing state forest. Dual occupancy: separate homes, privacy assured. Both solar powered, phones, tanks, gardens, orchard, bore, dam. School bus; 20 mins beaches, 2 1/2 hours Canberra. \$235,000. Ph: 02-6231-4877.

**OVERLOOKING LIVERPOOL PLAINS**, 9 1/2 ac on 2 title deeds. Timber home, fuel stove, Coonara heater. Shed, storage, bus, edge of sml town, walk to school, shop & club. Established garden, fruit, nut, natives, aviaries & fish pond. Rain, bore & town water. Plumbing necessary. \$42,000. Ph: 02-6683-2462.

**SOUTH COAST NSW** on Burra Crk, 40 mins from Moruya, 92 ac bush, 10 ac cleared, incl extensive area of alluvial flats. Permanent flowing crk from Deua Nat Pk. Rainforest, orchard & building permits. \$122,000. Ph: Geoff, 03-5790-8606.

**ROCKY HALL NSW**, situated in Coolungubra Nat Pk, on the Towomba River, also on perm crk. Half-share of 60 ac, substantial mud brick dwelling. Solar power, generator. \$50,000. Ph: 02-6495-7609.

**MISSABOTTI VIA NAMBUCCA HEADS**, 2 b/r stabilised mud brick house meticulously built with wooden floors and ceilings surrounded by 8 ft verandahs. Slow combustion stove with hot water, 43 NE fertile ac, incl crk flats, Crystal clear tree-lined perm stream with swimming holes. Three phase elec pump. Excellent fencing, cattle yards, double garage shed. Magnificent views. \$218,000. Ph: 02-6564-7361.

## QUEENSLAND

**CRYSTAL WATERS**, hinterland Sunshine Coast, 27 km Maleny, 1 ac f/hold, rammed earth & timber house, 4 b/rs, loft, modern kit, estab orchard, garden, chook pen, 2 sheds, wonderful setting, \$160,000. Contact Nigel: 07-5494-4625.

**TARA: THIRTY ACRES**, quiet bush retreat, 2-3 b/r cypress pine home, estab gardens, dam, mains power, septic, air/con, plenty water, good roads. Suit retirees or family, very affordable. POA. Ph: 07-4665-3106.

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000.

# GRASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

DEADLINES: GR136 – OCT 30TH  
GR137 – DEC 20TH

**CHILDERS, FORTY MINUTES BUNDABERG**, 63 ac ex-sugar cane farm, very secluded, surrounded by state forest, growing chillies, taro, cassava & more. Plenty good water, 6x12 Colorbond shed, solar power, elec avail, tank tractor & implements, fridge, stove, shower, toilet. \$120,000 ONO. Ph: 07-4126-6182.

**GATTON, EIGHTY MINUTES BRISBANE**, 50 mins Toowoomba, 25 ac, fully fenced, 1 dam, 1 unfinished dam, cattle being grazed at present time. Magnificent 360° views overlooking Lockyer Valley, bitumen road. School 1 km. \$50,000 ONO. Ph: 07-3862-9088, or 0411-228-735.

**FORTY ACRES NEAR GIN GIN**, elevated block, 50% fenced. Cleared house sites, ph, perm spring, sml dam. \$30,000 ONO. Ph: 08-9537-1100. Email: belcoast@southwest.com.au

**WOODFORD, COUNTRY LIVING** only 1 hr Brisbane CBD, 1/2 hr Sunshine Coast beaches. Modest 3 b/r, 100 sqm, vinyl clad cottage + sun porch, downstairs laundry, some internal renovations completed. Double steel garage, sml garden, some f/trees, on 1120 sqm block with all town services. \$85,000. Ph: owner, AH or leave message, 07-5496-1107.

**RELOCATED RENOVATED ELEVATED QUEENSLANDER**, 1 unpolluted f/hold ac, 360 ac in common. Kookaburra Park Eco-village, Gin Gin, 3 b/r + sleepout, lounge, eat-in kitchen opening onto live-out verandah, 2 toilets/bathrooms. Concreted under, laundry/en suite, 9000 gal r/water + abundant utility water. Shadehouse, chook house, f/trees vegies, 9 m x 6 m Colorbond RAD garage/workshop. All services, sealed roads, 3 km Gin Gin. \$89,000. Ph: 07-4157-2041.

**BINGIL BAY** – extending one b/r cottage on 1/2 ac. Nestled amongst r/forest. Stroll to beach & corner store. Lots of f/trees, palms, bamboo. All amenities. \$105,000. Ph: 07-4088-6110.

**BUNDABERG AREA**, 4 1/2 ac good virgin soil, dam, sml forest, 3 b/r b/v house, town water. \$89,990. Ph: 07-4126-8260.

**TEN MINUTES FROM BEAUTIFUL BOWEN BEACHES**, near mountains, 7 1/2 ac, 3 storey A-frame, 5 b/r, timber featured, + cottage, 2 bores, 2 dams, 2 coldrooms, shed. \$145,000. Ph: 07-4785-2456.

**BELL – ESSENTIAL OILS**, 18 ac, 4 b/r home, 2 distillation plants for oil extraction, presently doing sandalwood. Good loam soil, grow anything. Bore, 3 sheds, bush house. \$190,000. Ph: 07-4663-1391.

**OPPOSITE FRASER ISLAND**, 3 b/r house, g/c. Cool breezes, water views through gum trees. School bus at door. Room to expand. Quiet, friendly community. Good fishing. Ferries to Fraser. \$60,000 ONO. Ph: 07-4125-7589.

**QUEENSLAND'S PREMIER WINE DISTRICT**, modern brick veneer, 2 lge b/rs, passive solar design, elec close, 37 ac (8 cleared) 5 km Stanthorpe (5000 residents). Plans approved boarding kennels, option to buy adjoining 44 ac. \$119,000. Ph: 07-4681-3182.

**DELANEY'S CREEK**, 4 year old brick home, garage, on 3/4 ac beautifully landscaped, fenced. Large lounge, dining, kitchen, family, bathroom and 4 b/rs. Town/tank water, power, ph. Close to schools/shops. Haven for birds, tree-studded area, 4 km country town. Absolutely no work needed inside or outside. \$179,000. Ph: 07-5496-4774.

**CHILDERS, QUEENSLAND**, 41 ha (102 ac) adj to Isis Highway, 1 hr to Bundaberg, Hervey Bay & Maryborough. Fully fenced, with 6 paddocks, crk through property with perm water holes, 2 sml dams – 1 spring-fed, 30" rainfall, 50 ac cleared with 5 ac under irrigation. Currently producing small crops, 3 b/r steel framed, Hardiplank home – lining incomplete inside, septic, 7.5 KVA generator, grid power next door, ph connected, 3/4 ac house garden, cow yard, in-ground irrigation around house, school bus at front gate to primary & secondary schools, mtn views, 30 ac natural bushland. One Jersey house cow, 1 bull calf, fowls. Five HP Honda pump. BFA certified. \$160,000. Ph: 07-4126-2229.

**KAIMILLBUN**, 20 mins Dalby, 3 b/r, kitchen, lounge, comb/stove, fully carpeted, fully fenced, c/port, 2 sheds, easy maintained block, estab trees & garden, very private, ideal retirement. \$50,000 ONO. Ph: 07-4663-4198.

**ATHERTON TABLELANDS, QLD**, 42 ha r/forest hideaway, secluded, private, comfortable dwelling. Abundant flora & fauna, eg – tree climbing kangaroos, cassowary etc. A very rare property. Price \$179,000. Contact: Richardson & Wrench Malanda on 07-4096-5666.

**RIVER FRONTAGE**, 5 ac on isolated stretch of Condamine River near Warwick. Tall river gums, rich, grow-anything soil, 2 hrs Brisbane/Gold Coast. \$44,000. Vendor terms – \$2000 deposit, \$85 pw. Ph: Howard, 02-6646-3733, Wayne, 07-3262-6050.

**THIRTY ACRE MOUNTAIN TOP**, overlooking state forest – 1 hr Brisbane, Forest Hill. Power, ph, easy 4 wheel access. \$85,000. Vendor terms – \$5000 deposit, \$200 pw till paid. Ph: 02-6646-3733, or 07-3262-6050.

**PERFECT RETREAT** – isolated 5 ac, natural forest near Warwick Queensland. Power, ph. \$24,000. Owner terms to anyone – \$500 deposit, \$65 pw. Ph: Wayne, 07-3262-6050, Howard, 02-6646-3733.

**SUNSHINE COAST**, home or income, 3 b/r Besser-block house on 900 m<sup>2</sup>. Two km from beautiful Montville, 10 km from Maleny. Tank water, good soil, estab garden, low maintenance. Returns an income of \$150 pw. \$118,000. Ph: 07-3378-3605.

**UNIQUE RURAL RETREAT**, 10 mins to Montville, \$275,000. Imagine owning your own 51 ac with r/forest, crk, waterfall, horse paddock, lovely views & complete privacy. It comes with northern aspect, a comfortable 3 b/r, solar, timber, home, gravity-fed water, beautiful soil & fruit & vegie gardens. Ph: Lexy, 07-5442-9327.

**BACK TO NATURE SURROUNDS**, Wivenhoe & Atkinson dams area, freshly painted highset spacious Queenslander on 10 ac, fully fenced. Potential for prospective owners to utilise open cemented area beneath house. Three phase power, good bore, currently rented \$160 pw, lease expires June 2000. \$110,000 ONO. Ph: Lee/Gary, 0417-786-146.

**OCEANVIEW/MT MEE**, 4 ac, dam, great views, power/ph/elec avail, 45 mins Brisbane. \$85,000. Ph: 07-3359-8835.

**GLASSHOUSE MOUNTAINS**, 20 unique ac, 60 mins Brisbane, 20 mins Sunshine Coast. This property has 2 rd frontage & backs onto nat pk. 30 x 40 livable Colorbond shed, ph & power connected, Bio-cycle septic system, 6000 gal water tank, all council approved. Creek & dam. Seven km rail/shop/school. Private & peaceful. \$188,000. Ph: 07-3359-8835.

**NOOSA HINTERLAND – TWO TITLES**, Kinkin, private elevated position, light & airy renovated Queenslander on 1/4 ac, adjoins 1/2 ac garden of r/forest species & dam backing onto rural land. Short walk to amenities. \$149,000. Will consider selling separately. Ph: owner, 07-4088-6003.

**KOGAN/DALBY**, 250 ac, fenced, dam, shed. Seventeen km school & pub. Offers. Ph: 02-6667-1122.

**ISLAND – QUEENSLAND** one ac on beautiful Macleay Island, Moreton Bay, 90 mins from Brisbane or the Gold Coast, 100 m from beach & boat ramp. Idyllic setting, raised land, few lge trees, good community, could be subdivided. \$35,000 ONO. Ph: owner, 02-9958-2241.

**NORTH EAST, GYMPIE**, 1/2 hr Tin Can Bay, Rainbow Beach, 100 ac fenced, plenty grass & water dams, crk, 40 ac cleared, steel cattle yards, box 30 ft shed, 5000 gal water tank, 3-phase power, ph, sealed road, school bus, 7 km to Gunulda, shopping centre, hotel, etc. \$115,000. All offers considered. Ph: 07-3266-4952.

**RUSSELL ISLAND QLD**, must sell urgently, well located corner block, close to shops, power/ph/water, 1/2 hr from Brisbane CBD, best offer over \$1000. Ph: 02-6262-6163 AH.

**GIN GIN, BEAUTIFUL** 25 ac fenced with renovated 3 b/r Queenslander, huge shed, workshop, 6000 gal, polytank, dam, chook yard, partly cleared. \$98,000. For more info call owner, 07-4157-6562.

**GIN GIN** 37 ac, 25 km from town, well timbered, views, ph avail. Must sell. \$17,000. Ph: 07-4161-2508.

**MID NORTH COAST**, 19 km to town of Bowraville, 119 ac bush block, perm crk, natural springs, sml pocket of r/forest, several home sites, power & ph avail, \$63,000. Ph: 02-6568-8214.

**BLACKBUTT, RETIREMENT UNIT** on acreage, fully self-contained, 2 b/rs, open plan living, one of two only. Strata title, Ideal country living in ranges 1 1/2 hrs from Brisbane. \$53,000. Ph: 07-4163-0725.

**GIN GIN** 9.7 ha (22+ ac), good dam site, elev home site, power/ph to block. \$40,000. Ph: 02-6947-6250, 07-4954-3003.



# GRASSIFIEDS

## PROPERTIES FOR SALE QUEENSLAND

**FREEHOLD RAINFOREST** 2.5 ac (1.03 ha), lge fan palms, ferns, surrounded by nat pk. Ph, no elec, 1 hr north Cairns. \$38,000 or offer. Ph: 07-4941-7694.

## VICTORIA

**FREE - COUNTRY PROPERTY CATALOGUE**, available now! Land from only \$5000. Ph: agent, 03-9852-3322.

**LAKE LAANECOORIE**, 50 ac, only 1 km to Lake, crk on land. \$45,000. Ph: owner, 03-9852-3322.

**A SHACK ON FIFTY ACRES**, mostly treed, sandy loam soil, gently undulating in peaceful area! \$29,500. Ph: owner, 03-9852-3322.

**VICTORIA, NEAR SA BORDER**, a lge house block in a rural setting, near nat pk, water & power avail. \$2000 ONO. Ph: 03-5025-2871.

**UNIQUE TWO-BEDROOM CHEMICAL/ALLERGY-FREE** mud brick cottage on ¾ ac. Jarrah floors, very short walk to Rye Ocean Beach. \$115,500. Ph: Colin, 03-5986-8188.

**FOSTER, SOUTH GIPPSLAND**, limestone, 3 b/r cottage on 2½ ac, orchard, dam, s/c stove, wood heater, 7000 gal tank, Prom views. \$98,000. Ph: 03-5686-2112.

**EMPLOYMENT OPPORTUNITY AND INVESTMENT**, 232 ac bushland, with 6000 radiata pine trees, first planted 1983, 3 b/r house ¾ built. Large natural water hole. Permanent employment for right person, or part-time for 2 or 3. Edenhope/Harrow area. \$88,000. Ph: 03-5587-7207.

**WARBURTON, FIVE BEAUTIFUL ACRES** with 2 mud brick houses, 10 mins from towns & schools, incl Steiner, 45 mins Ringwood. Fenced paddocks, garden & f/trees. Spring water, wood heating, generator power. \$150,000. Ph: 03-9720-5996.

**YEA/HIGHLANDS SECLUDED BUSH RETREAT**, 160 ac, partially cleared with cabin, machinery shed, 3 dams, boundary & some internal fencing. Beautiful hill country with native forests, crks, & plentiful wildlife. Suitable for grazing, agroforestry or alternative lifestyle. \$79,500 ONO. Vendors terms avail to approved purchaser. Ph: 03-5427-2150.

**SOLAR EARTH BRICK** 2 b/r house, s/c stove. HWS, ample garden water, sheds for cow/poultry. Six paddocks, irrigation from dam. School bus run. Mail & grocery delivery, good access. Surrounded nat pks, Land for Wildlife. \$72,000. Contact Fiona on 02-6254-8149.

**BEALIBA**, 3 x 5 m heated hut, view, quiet, fertile, fruit, near crk. Bargain, \$5900. Ph: 03-5469-1204.

**EPPALOCK GATEWAY**, new 6 ac with cypress trees, cattle yard, water tank, crk, excel soil & building permit. Ph: 03-9852-3322.

**HEATHCOTE, MAGIC PROPERTIES** for sale now! 9½ ac \$39,500, 18 ac \$52,500, 26 ac \$55,000. Scattered gums, elec, fully fenced, building permit allowed. Ph: 03-9852-3322.

**EPPALOCK GATEWAY**, a majestic 19 ac! Nine ac pastures, 10 ac well treed, lovely views of gently undulating countryside. \$49,500. Ph: 03-9852-3322.

## PLACING AN AD?

See page 73 for details

**RETREAT OR PERMANENT LIVING** on 21 ac, 6 yrs old, 1 b/r cedar cottage. Situated 1 km from Hume Weir Dam, 20 km from Albury/Wodonga & incl solar power, gas heating/cooking, estab trees, perm water. \$93,000. Ph: 02-6020-1191 after 6.30pm.

**GLENHOPE VIA KYNETON**, secluded 140 ac with rolling hills, timbered areas, fully fenced, 3 paddocks + horse paddock w/hay storage, huge dam reticulating to cosy 100 yr old two b/room cottage partly renovated. Permanent crk with pumping licence, shearing shed w/yards, poultry sheds, goat sheds w/yards & milking facilities, many utility sheds. Established f/trees, lge garden, suit self-suff lifestyle, solar power, ph connected, power at boundary. \$160,000. Ph: 03-5425-5541.

**BARKLY BLOCK IN AVOCA** area 66' x 165' only \$9950 terms avail on \$1000 deposit & \$50 p/w. Ring row: 03-9852-3322.

**BEALIBA, TEN ACRE PROPERTY**, fully fenced, building permit allowed, fronting the state forest - perfect for getaway for the weekend & relieve stress! Only \$22,500. Ph: 03-9852-3322.

**ST ARNAUD GOOD TWENTY** ac, suit vines or olive trees. \$25,000 cash or terms on a third down, balance 5% interest 2 years. Ph: 03-9852-3322.

**STREZELECKI FOOTHILLS**, 2.1 ha woodland in the heart of a peaceful hamlet, 30 mins Foster, Gippsland. Native flora & fauna. Permanent crk, fenced, power, ph. House site with lovely valley views. School bus passes. \$38,000. Ph: 03-5185-1467.

## TASMANIA

**TASMANIA: FIFTY ACRES** with riverside hut, Tyne Valley, eastern side of Ben Lomond Nat Pk. Good organic biodynamic or mountain retreat potential; \$63,000. Ph: 03-6376-2253, or fax: 03-6376-2254.

**HUON VALLEY**, 40 mins south of Hobart, 10 mins to Huonville or Cygnet, 3 b/r w/b house with cathedral ceilings on 20 ac bush/pasture (4 paddocks), estab gardens, mixed orchard, vegie gardens, mixed berries, hothouse, spring-fed dam + spring (perm water), shed, c/port, + outbuildings. Very private ideal for self-suff. \$125,000. Ph: 03-6266-3217.

**NORTH-WEST, WILMOT**, 3 b/r charming character house, facing north, power, sheltered area, beaut gardens, garages, sheds, + well built studio, peaceful location, 10 ac grass, 8 ac top forest, valley views, 35 mins Devonport, 1 hr Cradle Mountain. Here's your opportunity. \$89,000. Ph: 03-6492-1369.

## SOUTH AUSTRALIA

**PIPERS RIVER, LARGE HOUSE** on 44 ac, crk, spring dam, gum & some tea tree. \$140,000. Details ph/fax: 08-8337-6032.

Please print your ad clearly  
so we can do likewise

**KINGSTON SE, BEAUTIFUL COORONG**, South Australia, 1 ac fenced block next to nat pk, 500 m from beach, edge of town. \$12,000. Ph: 08-8672-5572.

**HEART OF MALLEE COUNTY**, 2 ac, lge natural trees, school bus to gate. \$8000. Also ¾ ac fully fenced ph & power to boundary sheds incl basic weekender with enough stone to build house. \$5000. Or both - \$10,000. Ph: 08-8532-4004 evenings, or 0418-895-691.

## WESTERN AUSTRALIA

**YEALERING** 200 km SE of Perth, 756 ac on edge of large lake. Plenty of water \$139,000 ONO. Ph: 08-9378-2268.

## COMMUNITIES/SHARES

**MID NORTH COAST - CREATIVE ARTIST STUDIO**. Upper Landsdowne, 30 mins from Taree. Share in 200 ac. House and studio and kilns, timber pole house, lge decks, solar hot water, spa, fully set up potter's studio and 2 lge wood-fired pottery kilns, shelves, dough maker etc. Creative, ideal inspirational working environment, head of the river swimming holes, very peaceful. Subtropical, some fruit trees. Price \$96,000 ONO incl 2 shares and all above. Contact: Sergio Sill, 02-4340-1784.

**UNIQUE OPPORTUNITY**, share for sale on slopes of Wollumbin. Experience the power of the millennium. Full details: The Advertiser, PO Box 107, UKI 2484. Ph: 02-6672-8780.

**FORTY MINUTES FROM NIMBIN**, ½ ha share on estab community. Cabin, solar power, ph, gas h/w, combustion stove, spring water, excel soil & aspect, perm crk & swimming hole. \$27,000. Call Owen, 02-6689-7069.

**SERENDIPITY, WOODBURN LOT E**. Exclusive possession by lease of 4 ha of forest with large clear area sloping to a big dam suitable for swimming and water supply. Many f/trees, other plants, native animals. Close to nat pk and beach. Adjacent to Pacific Hwy, school bus available. Part of a council approved multiple occupancy for 13 home sites. Well run, harmonious community which has a community tennis court, tractor and implements. Also available \$3000 community contribution for road upgrade upon conversion of shed to permanent home. Improvements - Colorbond council-approved livable shed approx 50' x 20'. Only needs to be lined to convert to perm home. Fridge 1000 lt, stove, hotplates, lights, HWS (all operated by gas), 2 solar panels with inverter, batteries, 8 KVA generator 15 HP motor, washing machine, indoor shower, septic toilet, outdoor shower with gas hot water heater, large 5000 gal MEX water tank, large high rise pressure tank for HWS, 5 HP motor with water pump, irrigation equipment, ph, storage shed, c/van, many extras. \$40,000 ONO. Enquiries to: A Walmsley, PO Box 753, PORT MACQUARIE 2444.

# GRASSIFIEDS

## COMMUNITIES/SHARES

**FAR NORTH COAST NSW**, 30 km nth of Tabulam, 1/2 share in 6400 ac community at junction Clarence & Cataract Rivers. Three b/r timber home, verandahs on elevated 20 ac. Northerly aspect, 360° views, organic veg garden & mature orchard. Solar power, ph, 20,000 gal r/water, 2 dams, s/c/stove & heater, school bus. \$95,000. Ph: 02-6666-1270.

**NAMBUCCA VALLEY**, 1/2 share of 1200 ac, 2 b/r home near spring-fed crk, f/trees, water tanks, swimming holes. \$45,000 ONO. Ph: Cathy, 02-4782-5278.

**PORT MACQUARIE**, 18 km nth, 3 km beach. Starting large community, 1450 ac, partially cleared, \$7000 per person. Ph: 02-6653-4601. Ph: 02-6566-0594.

**OPERATION TREE FROG** is offering 1 ac shares for \$2000 in a community on 40 ac with 10 ac community land of tall forest in Neerdie Qld. Vegetarians working towards self-suff and forest friendly living. Ph: 07-3262-1760.

**THE RIM OF THE WORLD**, Ebor, 1/2 share (5 ac) of over 200 ac community of temperate paradise. Approximately 1350 m high and 45 mins from Dorrigo. Gravity-fed pristine spring water close to loft-style house, elevated views surrounded by ancient Antarctic beech forest. Abundant wildlife, 1 ac fenced, new 5000 gal tank, huge shed, fully estab veg garden, good variety f/trees, wood stove/hot water system, compost toilet. House requires bathroom, finishing touches. Solar power with plenty of lighting, 1200 watt inverter. \$70,000. Ph: 02-8250-8571 (please leave a message).

**MID NORTH COAST NSW**, 30 mins Port Macquarie, 15 mins Wauchope, 1/2 share 600 ac company title, estab 21 yrs, 5 ac home site. Large 2 b/r timber cottage. Elevated NE aspect. Slow combustion/gas cooking. Power, water, ph, tractor. Wildlife, creek flats, swimming hole, school bus at gate. \$55,000 ONO. Ph: 02-6587-5257.

## BUSINESS FOR SALE

**WHOLESOME HOUSES**, Deloraine Tas, selling wholefoods & organic produce, estab 9 years, long lease. \$65,000. More info, ph: 03-6362-3551, home, 03-6368-1312.

**HEALTH FOOD SHOP**, north coast NSW, beautiful area. Established 22 yrs. Bulk foods, vitamins, lunches – seats 12, room to expand. Would suit couple. Owner retiring. WIWO \$65,000. Ph: 02-6568-1267 BH.

## FOR RENT/ CARETAKER WANTED

**RIVERSONG, EAST GIPPSLAND**, 100 beautiful ac on Bemm River, approx 20 ac cleared, incl river flats, remainder native forest. Comfortable 3 b/r brick house, estab gardens, deciduous trees incl some fruit & nut trees. Fertile soil, excel climate. Tractor, slasher, ride-on & push mowers, rotary hoe, brush cutter, chainsaw, irrigation pump. Looking for caring, self-motivated people to lease to. \$120 pw negotiable. Ph: Rhee, 03-5158-3243.

DEADLINES: GR136 – OCT 30TH  
GR137 – DEC 20TH

## WANTED TO RENT/ CARETAKE

**NORTH-EAST VICTORIA – KING/OVENS VALLEY** region, 2 ac+, some bush, livable accom, water. Starting late Dec/Jan. Willing to contribute to property. References avail. Ph: 03-9419-9462. PO Box 1250, NORTH FITZROY.

**NORTH NSW, MATURE COUPLE** with new baby require dwelling on acreage for organic, self-suff lifestyle. Excellent references. Rent, caretake, buy. Ph: 02-6654-5313.

**PERSON(S) TO SHARE OR RENT** house, c/van, peaceful Hunter bush block, 60 km Newcastle. Terms negotiable. Ph: 02-4938-2036.

**LEASE/CARETAKE FARM**, minimum 10 ac, maximum 1 1/2 hrs Brisbane or 1 hr Caboolture, by 39 yr old stockman & partner. References, n/s. Ph: 07-5492-1473.

**VACANT HOUSE ON ACREAGE CABOOLTURE AREA**, female writer & son. Work/rent, share/farming, caretaker, rent/buy. Ph: Jeanette, 0413-154-820.

**HOME NEAR BENDIGO**, solar preferred. Near primary school. Possible to exchange building skills for rent. Ph: 02-6494-9616, 0417-219-949.

**EARTH FRIENDLY COUPLE** and bub seeking farmhouse to rent within 1/2 hr Lismore. November/December Willing to exchange work/rent. Long term pref. Bec & Dave, PO Box 35, SPRINGSURE, Qld.

**HERVEY BAY**, couple saving for own land seeks caretaking/low rent property. We have own c/van if necessary. Keen to estab or help with garden. Garth Camac, 15 Crescent St, Urangan, HERVEY BAY 4655. Ph: 0417-806-012.

**SOLE PARENT, TWO CHILDREN**, looking for long-term rental in pleasant environment close to Steiner School in Doonan (or other) Qld. Ph: Jenny, 07-5485-0668. Environmentally minded with permaculture certificate.

## PROPERTY WANTED

**LAND WANTED: FAR NORTH COAST**, Murwillumbah, Tyalgum, Nimbin, Mullum, etc, 20-100 ac, perm crk, northerly aspect preferred, steep, remote blocks considered, heavily timbered OK, No MO's please. Budget small!!! Please contact: hellyanddeni@hotmail.com or Ph: 07-3844-6906.

## WANTED

**SOAPSTONE WANTED TO BUY**, to make fireless cooker. Please write: Mrs P Baigent, 239 Cypress Drive, YARRAWONGA, via MUDGEE, NSW 2850.

Make Your editor smile –  
Punctuate when writing ads for  
Grass Roots Grassifieds

**HAVE YOU ANY PARSONS FARM ANIMAL** series old 7 lb flaked oatmeal calico bags, in any condition? Willing to pay, or swap. Ph: 03-5790-4201.

**YOUNG SINGLE PERSON** to pioneer permaculture gardens on Kimberley cattle station. Ph: 08-9161-4325.

**LUCAS MILL**, second-hand, must be in good condition. Ph: 02-6663-1562.

## OPPORTUNITIES

**NEEM THE MIRACLE HERB**. See Health and Beauty.

**EARTHVEST 99**: December 27 - January 2. A celebration of community & the environment at 'Baringa' near Wangaratta, nth Victoria. Spaces avail for workshops & stalls. For more info please contact: Earthfest on 07-3511-6537, or email: earthfest@yahoo.com

**ORGANIC VEG GROWER** requires person/couple to grow vegies on a share basis. Small estab business, room to expand, accom provided, close Melbourne. Ph: 03-9710-1703.

**FREE ACCOMMODATION** for nice, single, happy going young mum on lush acreage near coast. Beautiful retreat. Ph: John, 02-4996-4158. PO Box 64, RAYMOND TERRACE, NSW 2324.

**WE NEED HELP**, father & school age daughter, on sml farm, n/s Christian type preferred. All letters promptly answered. PO Box 63, BRANDON 4808.

**PARTNER WANTED**, take 75% returns from 88 ac down 3 m slope from 100 ac swamp. Tea tree country. Ph: 02-6663-1541.

**LIFE CHANGING PRODUCT** – help others while helping yourself and get paid very handsomely to do it. This is a direct sales business with an 80% gross profit. Call 1800-501-748.

## PUBLICATIONS

**'NATIVE STINGLESS BEES'** for profit or pleasure – how to get started, Pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**'NIMBIN NEWS MAGAZINE'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**BOOKS, NEW AND OLD**. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

## PUBLICATIONS

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

**EARTHWORMS.** Books & videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free book list from WormWide books, 4 Poppet Rd(G), WAMBOIN, NSW 2620. Ph: 02-6238-3577, fax: 02-6238-3017. Mobile: 0412-112-285.

**SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE**, free energy devices, anti-gravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics. Send 5 x Aust 45 cent stamps to: Lostech Archive, PO Box 1359-R, ATHERTON, Qld 4883, Australia.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 33 BRUNSWICK HEADS 2483. Ph: 02-6680-3889, fax: 02-6680-4314. Visa/Mastercard. [www: users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)

## HANDCRAFTS

**BUNDLES OF STRANDED COTTON** available. Stranded cotton in bundles of 100\* 8m skeins in 50 assorted colours. \$20 post free. Colours matched to dmc numbers. The big bundle of Stranded cotton of 240 colours - \$50 post free. Send 45 cent stamp for free price list. Bankcard, Mastercard, Visa, money order, cheques. Arty & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8277-9402.

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

**BEADS! BEADS! BEADS:** Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost \$8 for samples, colour copy and info. Write to: Tsunami, PO Box 129, WALPOLE 6398.

**WALDORF DOLLS**, beautifully handmade from 100% natural materials. Send SAE for info to: Inga Lukic, 18 Giles Rd, WILLUNGA 5172.

**JEWELLERY, NATURAL GEMSTONES**, pendants from \$7.50, necklaces from \$22. Please send 3 x 45 cent stamps for descriptions & colours to: C Hunter, 54 Maidstone St, RINGWOOD 3134.

*Don't forget the deadline  
if wishing to advertise in  
Grass Roots*

# GRASSIFIEDS

## PLACING AN AD?

See page 73 for details

## HEALTH & BEAUTY

### HANDMADE PURE VEGETABLE OIL SOAPS.

These natural soaps are suitable for people who have sensitive or problem skin. For a product brochure send SAE to: Bushcraft Soaps, Lot 3 Counter Rd, M/S 591, GYMPIE 4570. Ph: 07-5486-7299.

**NEEM THE MIRACLE HERB.** As seen on The Best of Landline. Neem & sunlight, the best cure in the world for psoriasis. Patented in USA as a cure for malaria. Our unique neem soap contains 43 important medicinal properties. Head lice, acne, eczema, ringworm, scabies, cuts, wounds, fungal infections, burns, bites etc? Produced with certified organic neem leaf oil & dry neem leaf powder. Damaged skin. Regenerative and restructuring properties. Skin cancer? Mine went in 4 months. No 'secret' ingredients. It's been around for 4500 years. Also certified organic neem oils. Agents & retail outlets required for this marvellous product. Skin care clinics, aged care, naturopathic, Chinese, herbal medicine practitioners, organic/health retailers, hospital. Information & price list email [neemtree@zipworld.com.au](mailto:neemtree@zipworld.com.au) or stamped A4 SAE to: The Neem Machine, PO Box 7139, St Kilda Rd, MELBOURNE, Vic 3004.

**GREEN BARLEY, STEVIA, HERBAL FIBRE:** mail order: Wollnick, GPO Box 2859, Brisbane, 4001 (SAE). <http://www.geocities.com/HotSprings/Sauna/6571>.

**NATURAL PAIN RELIEF WITHOUT DRUGS**, for arthritis, muscular pain, cramps, period pains etc. For free info send SAE to: J & G Lilley, 7 Blokland Ct, MS 231, HATTON VALE, QLD 4341.

**MENSTRUATION** - want to avoid waste & toxic substances? Women who care about their own health, the planet and sustainability do have a choice. MOON PADS are wash-and-reuse 100% cotton pads. For brochure send SAE to: Moon Pads, PO Box 118, SANDY BAY, Tas 7005.

**ALCHEMY CONCEPTS, CANDLES, SOAPS & body products.** Handmade using age old methods. Retail & wholesale. Ph/fax: 02-4982-8203. PO Box 70, MEDOWIE 2318.

**SPIRITUAL HEALING - DISTANT REIKI/SEICHIM** spiritual healing. Healings sent once a week for a period of 12 months. Please send photo & payment of \$20 to: Adele Fredricksen, PO Box 112, ELMORE, Vic 3558.

## FOOD AND KITCHEN

**BEE POLLEN**, no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

**NARA FOOD DEHYDRATOR**, brand new white NARA, still in box (ex-shop stock) \$260 + delivery. Call: 02-9799-7814, or 0414-466-720.

**YOGHURT MAKERS, DECOR DAIRYO.** Cost \$28 incl Express Post within Australia. Send cheque/money order to: Novum Plastics, PO Box 192, FERNTREE GULLY, Vic 3156. Ph: 03-9752-5666, Fax: 03-9752-6827.

## MISCELLANEOUS

**HELP SAVE KAKADU** from the Jabiluka uranium mine. Ring the Jabiluka Hotline now: 02-9552-2355 Jocelyn.

**HANDYMEN WANTED!** Full or part-time. Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

**NATURAL SKIN CARE PRODUCTS**, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

**TRIDENT TIPIS.** Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 'Rosehill', Hayes Road, via MILLFIELD 2325. Ph: 02-4998-1147.

**RADIATION-FREE SMOKE ALARMS**, battery (\$45) or mains (\$52), photoelectric, postage \$4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods + catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

**TIPIS, 10' - 22'**, from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a speciality. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5762-2145, 0412-368-035. Tipi hire available.

**SIXTY SETS OF PRANAYAMA PLATES**, (excel relaxation device). RRP \$29.95. Instructions & packaged for sale. Will sell \$10 each, which doesn't even cover the cost of materials. Ph: 07-5449-1620.

**YOUR ASTROLOGY CHART:** You will receive 30-40 pages of interpretations printed on quality parchment paper, bound & covered. Each report is exquisitely gift boxed (making great gift ideas!). To order send your name, address, time of birth, date of birth, place of birth-country-state-city-suburb, and T-shirt size S,M,L,XL, along with \$45 cheque of money order to: S Hough, PO Box 301, BEVERLY HILLS, NSW 2209. First 50 orders receive free yin-yang printed T-shirt!

**HOW-TO CATALOGUE** opportunities & practical ideas. SAE Lawrence Publishers No 4, 27 Bestman Avenue, BRIBIE ISLAND 4507.

# GRASSIFIEDS

## MISCELLANEOUS

**MANY HOME APPLIANCES** contain small amounts of gold. for information on its recovery send SAE: The Fix-It Shop, PO Box 65, FOREST HILL 4342.

**REIKI/SEICHIM MASTERY MANUAL**, \$25 incl p&h. Contents: history, symbols, attunement sequences to master level. Please send payment to: Adele Fredricksen, PO Box 112, ELMORE, Vic 3558.

**CERAMIC PEDESTALS** for organic, bio & composting toilets. Plans avail. Ph Peter, 02-6352-4268, 0408-112-859.

**SELF-SUFFICIENCY** & natural products for sale by mail order. Send 2 x 45 cent stamps. VBM, PO Box 763, VENUS BAY 3566.

**CARVED TIMBER PROPERTY SIGNS**, commercial or hand-crafted styles. Send 2 x 45 cent stamps for more information to K & M Crafts, 'Darra Down', DARRAWAIT GUM, Vic 3756. or ph: 03-5789-1249, fax: 03-5789-1363.

## COURSES

**HERBAL MEDICINE**. The School of Herbal Medicine, estab in Australia in 1985 offers a 1 year home study course. For details write to PO Box 2310, TOOWOOMBA 4350.

**CORRESPONDENCE STUDIES**. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure for: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine The 'Green' Vet, Psychic Healing, Pre-school Childcare, Safety & Security Counseling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 36, SURREY HILLS 2010. Ph: 02-9319-6166 or fax: 02-9319-6167.

**COB BUILDING WORKSHOP** guided by Linda Jeffcoat of Edible Landscapes. Learn to create earth dwellings, ovens, sheds in an open sharing environment November 9th - 13th. Arrive 5pm Monday at Drakeville NSW. \$300. concession \$250. Ph: 02-6737-6661.

**PERMACULTURE COURSES & SELF-RELIANCE WORKSHOPS** with Robyn Francis & team. FREE copy of YEARBOOK 2000 contact ERDA Institute, Djanbung Gardens Permaculture Centre, NIMBIN. Ph/fax 02-6689-1755.

**PERMACULTURE IN PRACTICE** - introductory workshop includes half-day tour of Jarrigar Permaculture Community, 2nd & 4th Sat every month - ERDA Institute, Djanbung Gardens. Nimbin Ph/Fax 02-6689-1755.

**BUSHFOODS COURSE** with Peter Harwood. April 3-7, 2000, growing, harvest & use of food spice & craft plants. ERDA Institute, Djanbung Permaculture Centre, ph 02-6689-1755.

**GRASSROOTS HERB LORE**, 2-day course with Robyn Francis, May 6-7, 2000. ERDA Institute, Djanbung Permaculture, ph: 02-6689-1755.

**CORRESPONDENCE - PERMACULTURE DESIGN** Course. On completion you will receive a full permaculture design & management plan for a property of your choice - to suit your needs. For more info contact: Annie Jenkins, PO Box 710, MALANDA, QLD 4885. Ph: 07-4096-8888 or email: nastus@hotmail.com

DEADLINES: GR136 - OCT 30TH  
GR137 - DEC 20TH

## DRYLAND PERMACULTURE DIPLOMA WA.

Applicants are invited from PDC graduates wishing to undergo two-year full-time study and training in dryland permaculture in an established working environment in Geraldton, WA. This is a demanding course suitable for only committed students. Applicants need to have completed a university degree or similar study plus have field experience in semi-arid or arid permaculture. Starting summer/autumn 2000. Apply in writing or fax for course outline, application forms, and selection criteria by 16 October 1999. Contact: Yilgarn Traders, 333 David Road, WAGGRAKINE, WA, 6530. Fax: 08-9938-3868. Tuition fees \$10,000.

## LIVESTOCK

### MINIATURE AUSTRALIAN COMPANION

**PIGS**, seen on TV, original breeder estab 1978. Guaranteed, beware imitations. Brian, Ph/fax: 03-5966-7434. PO Box 36B, YARRA JUNCTION, Vic 3797. See GR 109.

**MEAT RABBITS**, breeders for sale. Information handbook. How To Get Started & Profit - \$10. Ph: 02-6558-8287.

**PIGLETS FOR SALE**, \$50 each. Ph: 03-5967-3430.

## GARDEN & ORCHARD

**BAMBOO: PLANTS - BOOKS - FLOORING**, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562.

E-Mail: bamboo@bamboo.oz.com.au.

**EARTHWORMS**. FREE, the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box COA 51, GR The Esplanade, BALGAL BEACH Qld 4216. Ph/fax: 07-4770-7001.

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-429-4470, fax: 07-4129-0130.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes and weedmats. International Reforestation Supplies, 510 Selborne Rd, BAIRNSDALE 3875. Ph/fax: 03-5557-5404.

**TOBACCO SEED**. Organically grown, Virginian cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAH 3639.

**RAINFOREST SEED COLLECTORS** national network buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20. concession \$10. Offer once seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

**TOBACCO SEEDS, ORGANICALLY GROWN**. Seeds & instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568 (MS626).

**GOURDS, SEEDS, BOOKS** avail now! In our new catalogue Send 4 stamps to: The Gourdier, PO Box 298GR, East Maitland 2323.

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**GINSENG ROOTSTOCKS/SEED** plant now! For info: Ted, 'Yesspec', PO Box 2, OMEO 3898. Ph: 03-5159-1575.

**WATER CHESTNUTS**, easy to grow, \$1.50 per corm + padded bag & \$3 postage, with full growing instructions. Ph: 08-9926-1285, or send to: PO Box 13, WALKAWAY 6528.

**ECHINACEA, ONE YEAR OLD PLANTS**, 14 for \$25 - posted. Also, Dang-Gui, E primrose & chamomile. To: Ted, 'Yesspec', PO Box 2, OMEO 3898. Ph: 03-5159-1575.

**TOBACCO SEEDS**, organically grown (Virginian), cultivation and curing notes included for \$5. Also available, *Australian Tobacco. How to grow, cure, treat and cut your own*. A well researched book by John van der Linden for \$15 (postage included) from Lyn O'Brien, C/- PO, BARMAH, Vic, 3639.

**COMPANION PLANTING CHART**: over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow when Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**ARABICA COFFEE SEEDS OR PLANTS**, with growing & processing info. Seeds \$10. Bare rooted seedling trees avail \$6 each + \$6 postage to Vic, NSW & Qld. Other areas or enquiries ph: Colin Westwood, 02-6672-5834. PO Box 377, MURWILLUMBAH, 2484.

## HOLIDAYS

**MORUYA - FAR SOUTH COAST NSW**, romantic 1 b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm.

**COFFS HARBOUR/KIA-ORA FARM HOLIDAYS**. Cosy self-contained cottage, sleeping 6 people, 100 ac organic certified farm. Enjoy river frontage, pool, canoeing & fishing. From \$245 week for 2 person. Ph/fax: 02-6654-3561. E-mail: www.midcoast.au/~kia-ora.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin - everything supplied except food. Ph: 07-5544-8166.

Advertisers please remember to include all preferred contact details within your ad and include them in your word count. Phone numbers do need an area code included.

# GRASSIFIEDS

## SERVICES OFFERED

**MUD BRICK (EARTH WALL) TESTING** – certificate for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

**HOME PLANS.** 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for handcrafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$68 (p&p incl) to: John Barton – Building Design, 31 Sharp St, NEW-TOWN, Vic 3220. Phone and enquiries to: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure available.

## FOR SALE

**CANON SOLAR PANELS.** At last the breakthrough in price and technology that you've been waiting for! Canon's incredible super module can produce up to 5 amps charge similar to 80 watt BP & SOLAREX units, but deliver superior overall performance & value as they are shadow-tolerant, lightweight & virtually indestructible. Combine this with a 20 year warranty & you should realise why crystalline panels are now virtually obsolete, & why Energy Australia recently installed 200,000 watts of them at the new Singleton solar power station. Super deal to Grass Rooters only, only \$499. Cheap freight. Ph: Universality Of The Sun, 0418-934-607.

**CANON ROOF INTEGRATED POWER MODULES.** These fantastic solar modules actually become part of the roof, saving building costs & delivering a clean, uncluttered appearance that is simultaneously restrained yet high tech. Power output similar to 80 watt BP & Solarex panels. Introductory offer only \$450 per unit, minimum purchase 6 units. Free freight to capital cities. Ph: Universality Of The Sun, 0418-934-607.

**SOLAR TECHNOLOGY DESIGNERS CATALOGUE** 1999/2000. Now entering its 10th year & still shining, this authoritative 160 page manual/catalogue is endorsed by thousands of Grass Rooters as their renewable energy bible! Written by leading solar engineer Christopher Darker in a unique easy-to-read style & divided into 15 chapters, it covers critical topics of energy self-suff: Formulating an energy budget, power system sizing, solar panels, trackers, wind generators, batteries, inverters, energy efficient appliances, passive solar buildings & a vast range of related issues. From beginners to experts this is undoubtedly the first & perhaps the only book to read before designing, purchasing or assembling a renewable energy system. Includes discount trade price lists that could save you thousands. Only \$79. To order ph: Universality Of The Sun, 0418-934-607.

**AIR WIND TURBINES.** Air 303-300 W turbine \$850 and Air 403 400 W \$950. Made in the USA, 3 yr warranty. Soma or Windseeker turbines avail in 12, 24 and 48 V models. The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

## PLACING AN AD?

See page 73 for details

**INVERTERS, GENERATORS & BATTERIES.** The 12 Volt Shop is proud to be distributor for Onan, Honda and Dunlite generators. We also sell Selectronic, SEA. and Latronics, inverters, a range of batteries incl GNB (Energy Store & Solar Store) and Battery Energy (SunCycle & SunGel). For the best price, The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

**SELECTRONIC INVERTERS.** Model SE-12/24, maximum 2000 watts, only \$999. Model SE-22, maximum 5000 watts, only \$1999. SE-30, maximum 6500 watts, only \$2550. All units are true sine-wave. These are special mail order prices for Grass Rooters only. Ph: Universality Of The Sun, 0418-934607.

**CANON 64 W SOLAR PANELS** \$489 / roof integrated models \$439. Free freight to major centres! Siemens, Solarex, Kyocera and BP solar modules, solar trackers, solar regulators and cabling are also avail. The 12 Volt Shop 08-9458-1212, fax: 08-9458-1977.

**SOLAR TECHNOLOGY BOOKS.** Real value for money! *Home power – The Hands on Journal of Home-made Power*, issued bimonthly \$7.99, *Remote Area Power Supply Systems – An Introduction*, by the Solar Energy Industries Association of Australia \$30. *Renewable Energy Power Systems – Independent Power Supplies for Homes*, by Energy Victoria \$20, *Guidelines for Building an Energy Efficient Home*, by Energy Victoria \$5. Free 70 page catalogue. The 12 Volt Shop, U4/12 Kewdale Rd, WELSHPOOL WA. Ph: 08-9458-1212, fax: 08-9458-1977.

**MUD BRICKS FOR SALE,** Dwelling Place Inc, PO Box 15, RICHMOND, NSW 2753. Contact: Barbara, 02-4572-1489, or Anne, 02-4567-7269.

**'GRASS ROOTS'** no 1-11, 13-30, (2 x 14, 16, 17, 18) – \$200 incl postage. *Earth Garden* no 1-38 – \$250 incl postage. Ph: Mike Coates, 07-4059-2048.

## CALENDAR EVENTS

**CLARE VALLEY SA** house crawl, Sunday 31st October, alternative buildings/energy. More info ph: Jan, 08-8842-2946, fax: 08-8842-2129.

**OPEN GARDENS DAYS AT EARIMIL.** Earimil's stunning cliff-top gardens will be in full bloom when its gates are opened to the public to raise money for Challenge, a cancer support network to help kids living with cancer and their families. Live music & wine tasting, roast beef rolls & Devonshire Teas avail. Sat 13 & Sun 14 November 10am to 4:30pm. Admission \$7.50. 'Earimil', 33A Koornalla Cres, MT ELIZA. Inquiries: 03-9329-8474.

**THE SEED SAVERS' NETWORK'S** Twelfth Annual Seed Savers' Conference will be held on Saturday October 30 & Sunday 31 in Byron Bay at The Seed Centre. It will coincide with the inauguration of the new Seed Centre. Expert speakers & garden writers will give talks & demonstrations on producing quality seeds, growing unusual food, medicine & other useful plants, domesticated animals, alternatives to genetically engineered food & many other topics. Your favourite Megg will be there, with eggs. There will also be tours of the demonstration gardens and seed banks. Ph: 02-6685-6624, or 02-6685-7560. Email: info@seedsavers.net or write to: The Seed Saver's Network, PO Box 975, BYRON BAY, NSW 2481.

## CONTACTS

### NEW SOUTH WALES

**CHRISTIAN SINGLES**, all ages, all denominations. Send for FREE COLOUR brochure to: 5 Grange Ave, MARYLAND NSW 2287 or www.christiansingles.com.au  
**YOUNG MALE** lives alone on his farm, beautiful coastal hideway, seeks happy going nice young woman as live-in companion. Ph: John, 02-4996-4158. PO Box 64, RAYMOND TERRACE, 2324 NSW.

**MIDDLE AGED MAN** seeks companion. Ph: 02-6661-7976.

**SEEKING LOVING, MOTIVATED MAN** for partnership, build organic/permaculture garden to provide loving environment for you, me, my 3 children & yours. I am 39, thoughtful about what I eat & buy, not much junk or meat. You must be gentle, sensual, spiritual, not afraid of intimacy as our man/woman r/ship is of great importance, 35-50 years. My interests are: theatre, film making, music. I have 50 beautiful, empty ac but need you. If you have insight, love, ability to strive in work & fun, and can contribute financially to this, or mutually agreed property elsewhere, please reply. Write: Scorpio (GR135), C/- PO Box 117, SEYMOUR 3661.

**MALE FORTY-EIGHT**, 5'8" tall, medium build, seeks lady, any nat, must like country living & be honest, child OK. Pat Brazier, 'Crossroads', BARRABRA, C/- PO 2347.

**GREEN MAN**, 53, connected to the ancient forests. Seeks lady companion who loves & cares about people & the natural environment & is interested in all aspects of nature & conservation, re-afforestation, gardening & art. Reply: GREEN MAN (GR135), C/- PO Box 117, SEYMOUR, Vic 3661.

### QUEENSLAND

**SENSITIVE MAN**, 40s, widowed, 1 child. Tall, slim, intelligent, active, GSOH, n/s, s/d. Own home Maleny, 2 ac, permaculture. Into nature, travel, music, cooking, beach & bush. Seeking genuine, aware, intelligent & honest slim lady with GSOH for caring & sharing. Ph: GP, 07-5494-4324.



# GRASSIFIEDS

## CONTACTS

**COUPLE SEEKS COUPLE OR WOMAN** to 40 years to share challenging, intimate, growthful lifestyle. at our SW Qld Property. Rent negotiable. Ph: 07-5449-1620.

**MAN FORTY-FIVE**, secure employment, Far Nth Queensland; 2 properties, rural hobbies & lots of beehives. Seeks lovely lissom lady who likes country lifestyle & would work bees as partner. Other interests - everything. Alex, C/- PO Box 117, SEYMOUR 3661.

**CENTRAL QLD COAST MALE**, wishes to make friends/plans for a rural communal healing centre with creative, positively aware nonsubstance dependent diggers & dreamers. Potts, Matchbox Rd. MS937, via ROSEDALE 4674. Email: potts.no2@hotmail.com

**VEGETARIAN MALE, 47 years**, intelligent, slim & health conscious, naturally affectionate, gentle & caring. I enjoy the outdoors, gardening, cooking & most of all, taking care of someone I love. Seeking a sensitive caring woman (or mother & child) to share a simple, peaceful lifestyle on my beautiful country property (or yours). Wayne Pollard, PO Box 235, GIN GIN 4671. Ph: 07-4157-2736.

**MALE OVER FIFTY** seeks lady over 40 to live in, for companionship, lot of pets/wildlife, extensive veggie garden, Share everything, cash income from sales of produce. Ring after 5pm: 07-4668-2122.

**MALE LATE FIFTIES**, fit, healthy, 6', living on farm, would like to meet female for friendship. Please write to: Holder, PO Box 538, CHILDERS 4660.

**A COUNTRY BOY**, 35 yrs old seeks an energetic down-to-earth lady 23 to 33 yrs old, n/s, who would love to live on a secluded fertile property 20 mins from town, 1 hr from Rainbow Beach. If you enjoy organic gardening, preparing good meals, travel, restaurants, or anything for a happy healthy life, please write. My name is Ray, a Libran, I'm honest, n/s, s/d with a never-ending sense of humour, romantic & caring, young looking, 178 cm x 85 kg, clean shaven, hardworking & financially secure. I enjoy weekends on Fraser or Stradbroke Island, BBQs on the beach or by a quiet creek in the bush with my 3 sons 6, 8 & 10 who come over on alternate weekends. I'd like you to help plan a solar powered home made from the timber & sandstone this piece of paradise has to offer. I'm willing to travel anywhere to meet you so please write and let's start living this wonderful life together. Kids & outdoor pets are welcome. PO Box 825, GYMPIE, Qld 4570.

**MULTI-TALENTED LADY** offering sincere friendship, companionship & caring r/ship to mature gentleman, late 50s onwards. I am energetic, skilled in culinary delights, natural therapies, green fingers, experienced in the country life & seek a warm uncomplicated man with own home in need of female partner. Slim, humorous & loves life. Currently located hinterland Gold Coast, but prepared to relocate. Please write to:

**DEADLINES: GR136 - OCT 30TH  
GR137 - DEC 20TH**

Anne, C/- PO Box 707, TOOWONG, Qld 4066.

**SPIRITUAL MAN**, 35 yrs old, slim, 5'10, n/s, n/d, attractive, intelligent, calm, affectionate, trustworthy and very genuine. Never married and I have no children. I enjoy the simple things in life. I also respect and enjoy mother nature. The sky is the limit and sharing it with someone so special would be beyond words. I live 50 km south of Cairns on my parents' farm. Seeking female friendship/relationship, age between 22-40 yrs. A photo would be very much appreciated. All replies answered. PO Box 104, BABINDA 4861.

**'QUANTUM KNOWLEDGE'** magazine making New Age connections, friendships, relationships, groups and knowledge. Send \$5 incl p & h. Ph: 07-5496-6707. PO Box 145, WAMURAN, Qld 4512.

**FORTY-TWO YEAR OLD VIRGO MALE**, 185 cm, slim-med build, dark hair & eyes & a big moustache. Seeking a genuine, quiet, caring, intelligent lady, slim-med build to 35 yrs of any nationality for correspondence, companionship & hopefully a long-term r/ship with a happy home life. maybe kids. I am beginning a small organic farm, herbal tea garden in the mtns 3 hrs SW of Brisbane so winter is cold. There will be lots to do but also time to smell the flowers & listen to the birds. I love gardening, nature, bushwalking, camping, soft music & lots of affection. I am not wealthy but I'm a good man with a kind soul on the way to enlightenment. Please write to me: BW (GR135), C/- PO Box 117, SEYMOUR 3661 and include a recent photo. Thank you.

## VICTORIA

**WELL BALANCED GUY**, 38, lives in Geelong, enjoys surfing, green principles, seeking similar female 30-45. Ph: 0414-376-433.

**ENLIGHTENED, SLIM, SOBER**, n/s, affectionate male, establishing spiritual retreat in Qld, requires spiritual mature female partner. She could be aware, wholistic, total, solved or solving her past karmas through looking inwards, rediscovering true self. Unafraid of endless longing for sharing LOVE, great reverence for Higher Self, showing it in body & spirit. Interested more in Being than behaviour. Enjoyment of simple things. Capable of perm r/ship with genuine intimacy. Contact pref with astro sign & photo returned in conf. Anutosh, 33 Joan Ave, FERNTREE GULLY 3156.

**MATURE ARTS-ORIENTATED LADY** would like stimulating correspondence with SNAG. AH (GR135) C/- PO Box 117, SEYMOUR 3661.

## WESTERN AUSTRALIA

**WRITTEN CONTACT WANTED** with other GR people in WA. Write to: Brenda, 31A Congdon Avenue, PINJARRA, WA 6208.

## ALL STATES & TERRITORIES

**EDUCATED, SLIM FEMALE WRITER**, wise about life, but still optimistic. Many interests incl nature, growing/eating food, animals (have pets), music, reading, movies, ABC TV, share market, travel. In 40s, seeking young man who is into alternative lifestyle & is looking for interesting, mature companion. I'm willing to relocate if the chemistry is right. Reply: Writer, PO Box 64, BARKER CENTRE, ACT 2603.

**WRITER** (male, 65) seeks similar ladies anywhere for correspondence regarding communal project. TRUSTRUM, Box 505, WOLLONGONG EAST 2520.

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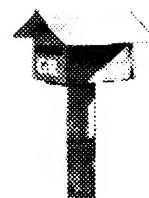
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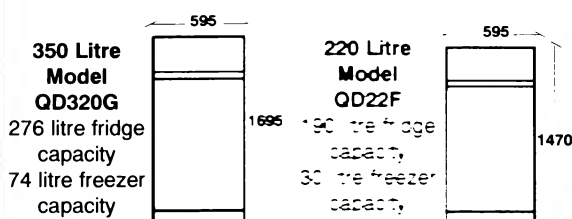
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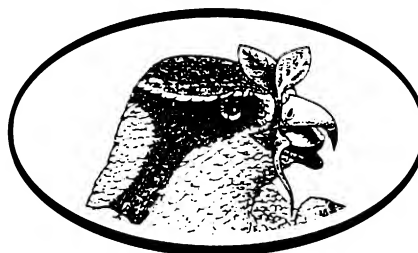
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